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Man not guilty for killing wife, 2 kids

COURT A man who killed his wife and two children with a meat cleaver, thinking they were evil, has been declared not guilty of murder by reason of mental illness. Huc Minh Chau, 43, was pronounced "not criminally responsible" for their near decapitations. "The facts of this case are profoundly tragic and chilling in the extreme," Superior Court Justice David McCombs said yesterday. Chau was ordered to the Whitby Mental Health Centre to remain locked up. Chau killed his common-law wife Shao-Sang Liang, 38, daughter Vivian, 3, and five-month-old son, Ivan, on Feb. 9, 2006.

TORSTAR NEWS SERVICE

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Sex talk with Josey Vogels

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Keira's great escape act

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RYAN REMIORZ/THE CANADIAN PRESS

Liberal Leader Stéphane Dion holds up his policy book as he unveils his party's platform at a news conference in Ottawa yesterday.

Liberals pledge $55B in spending, tax cuts

Tories, NDP say Grit platform does not add up

Liberal Leader Stéphane Dion is asking Canadians to trust him with a campaign promise to take $40 billion from their pockets in the form of a carbon tax and give it back in tax cuts.

That pledge is at the heart of the Liberals' election platform unveiled yesterday, a strategy that attempts to woo voters with new spending programs and tax cuts totalling $55 billion over the next four years.

But Dion gave his word that his party's Green Shift strategy — which would hike the cost of fossil fuels — would be revenue neutral.

Election 2008

"Some politicians are sincere. I (have) never broken my word. At the end of the day Canadians will vote for the one they may trust," Dion said.

"We are not asking for a blank cheque. This will be the law of the land that each dollar you raise will be a dollar that you cut ... and we will ask the auditor general to certify that that's the case ... and as you know she is a tough lady," Dion said.

Despite ambitious multi-billion-dollar campaign promises, Dion insisted yesterday a Liberal government would balance the books, thanks to various initiatives.

> **"We are not asking for a blank cheque. This will be the law of the land that each dollar you raise will be a dollar that you cut."**
> Liberal Leader Stéphane Dion

"His plan does not add up," Conservative candidate and Environment Minister John Baird said yesterday. "It is by no means revenue neutral and taxpayers will be stuck with deficit spending, higher taxes or worse yet, both."

In Montreal, NDP Leader Jack Layton expressed dubiousness at Dion's policy platform. "I don't see how the figures can add up," he said.

The 72-page platform, titled Richer, Fairer, Greener — An Action Plan for the 21st Century, also promises $70 billion for infrastructure projects over 10 years, including $8 billion for a national transit strategy.

TORSTAR NEWS SERVICE

SEE IN TRANSIT, PG. 4

Wait over for transit blueprint

Go bold or go home: That's been the credo of the 11-member board of Metrolinx, the provincial agency that's supposed to avert the region's growing gridlock crisis by transforming the way people and goods move in and around Toronto.

Commuters will see whether the bold rhetoric has translated into a politically fearless and far-reaching blueprint when the agency releases its twice-delayed investment strategy and draft regional transportation plan today.

But with no radical revenue generators such as road tolls, a regional transit tax or congestion pricing expected, it remains unclear whether Metrolinx can do much more than spur on the improvements already set out in the province's $11.5-billion MoveOntario2020 plan.

Metrolinx chair Rob MacIsaac has said there won't be many surprises in today's release. The transformation of a car-dependent culture to one that relies more heavily on transit, biking and walking has been forecast repeatedly in the agency's documents.

"Now comes the critical process, where we actually talk to people about the plan. Now we have to have the dialogue about how we pay for it," said TTC chair Adam Giambrone, who also sits on the Metrolinx board.

TORSTAR NEWS SERVICE

No rift

- A rumoured rift between Toronto's four representatives and the rest of the Metrolinx board over lack of support for the Transit City plan has been repaired, say Toronto Star sources.

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Missing man's body found off Centre Island
Police have found the body of a 26-year-old man who was last seen swimming off Centre Island Sunday. Divers discovered the body close to the shore at 1:30 p.m. yesterday. The man had been with friends when he decided to take a swim. TORSTAR NEWS SERVICE

Local

No hike in garbage fees?

Garbage fees for Toronto residents may not be going up after all. Mayor David Miller yesterday backtracked on the city's stated position of hiking garbage fees by 3.5 per cent as of the new year. "Not next year, no," he said when asked if homeowners would pay more for having their trash hauled away.

TORSTAR NEWS SERVICE

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These results are not official.

WSIB tightens rebates rules

Companies found guilty of safety violations that lead to a death on the job will no longer be eligible for cash rebates from the provincial workplace insurance program.

The Workplace Safety & Insurance Board made the change after a Toronto Star investigation that found the agency paid out millions of dollars in rebates.

The new policy says that if a worker is killed, the employer will not get a rebate in the year of the accident regardless of whether the company broke a safety law.

"Employers are responsible for safety," said WSIB chief operating officer John Slinger. "They are responsible for the death unless they can demonstrate where exceptional circumstances exist."

> **"Employers are responsible for safety. They are responsible for the death unless they can demonstrate where exceptional circumstances exist."** John Slinger

The company could also be subject to a WSIB workplace audit, and, if the company fails to address problems uncovered, up to $500,000 in fines.

Bonnie Heffern, whose husband died after a pipe system he was working on exploded, says companies now have a strong financial incentive to protect their workers.

An exception to the new rule could include a situation where a person from outside the workplace caused the fatality; for example, a truck driver is killed on the job when struck by another vehicle driven by someone found to be at fault in the accident. TORSTAR NEWS SERVICE

Ultralight aircraft pilot's body found

BARRIE The body of an ultralight aircraft pilot who went missing after flying from Barrie on Sunday has been found near wreckage in Georgian Bay Township. The ultralight was discovered yesterday afternoon in a remote area near the mouth of the Musquash River. Lachlan MacLean, 47, was found dead a short distance away, OPP said.

TORSTAR NEWS SERVICE

News in brief

ASSAULT Police are searching for a suspect after a sexual assault Sunday evening near Kennedy Road and Bertrand Avenue. A 33-year-old woman was walking in the area about 8:45 p.m. when a man grabbed her from behind.

TORSTAR NEWS SERVICE

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Police and firefighters survey the scene after a driverless dump truck rolled backward into a building near Yonge Street and Highway 401 yesterday.

Runaway truck rolls backward into condo

A 32-year-old Toronto woman was jolted awake by a runaway, driverless dump truck crashing through her bedroom wall yesterday.

The woman received cuts to her face when the truck smashed through Hillside Ravines condominium wall near Yonge Street and Highway 401 at about 7:30 a.m.

The truck tore into the back of Toronto firefighter and Owen Sound city councillor Jim McManaman's stalled Volkswagen Jetta on Yonge Street, pushing it about 30 metres before crashing through a guard rail, hitting a light standard and then rolling backwards down a steep embankment into the building.

TORSTAR NEWS SERVICE

Autopsy fails to find death cause

TESTS Toxicology tests will be needed to determine why a Brampton man died nearly 12 hours after being Tasered by police.

Sean Reilly, 42, was Tasered during a struggle with four Peel Police officers last Tuesday soon after arriving at 12 Division in Mississauga at about 5 p.m.

He went into medical distress and was rushed to Trillium Health Centre, where he died the next morning at 4:45 a.m.

John Yoannou, a spokesperson for the Special Investigations Unit, said yesterday an autopsy failed to find any "anatomical" cause of death.

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Man jailed for Highway 400 standoff
A man who threatened to blow himself up on Highway 400 has been sentenced to 8½ months in jail. Roderick Anderson, 45, will serve 60 more days in prison, in addition to the time he's already spent in pre-trial custody. TORSTAR NEWS SERVICE

Tories still silent on transportation

InTransit

Ed Drass

transit@eddrass.com

Today GTA residents will see the long-awaited Regional Transportation Plan from Metrolinx, a proposed network of trains, subways and roads the provincial agency must vote on after two months of public debate.

The plan comes amid a national election, and last week the federal Liberal party under Stéphane Dion decided to present its own transit funding vision.

The Grits have pledged $70 billion over 10 years toward Canada's aging infrastructure, including $8 billion for a "national transit strategy."

Election 2008

The Metrolinx plan may cost $50 billion to implement, with much of the funds already committed by the province of Ontario.

Stephen Harper's Conservatives have not yet revealed their own strategy for the nation's bus and train systems.

Liberal incumbent Judy Sgro, in the riding of York West, says the Tories "very clearly … believe cities are not their responsibility," which she calls "a political mistake."

She tells In Transit, "For Canada to compete with the other cities around the world we have to be investing in them … (but) the infrastructure deficit is bringing a lot of them down. We see the transport paralysis in our own city."

"For Canada to compete with other cities around the world we have to be investing in them. We see the transport paralysis in our own city." Liberal incumbent Judy Sgro

Quick Tip

Q: What should a rider do if a transit vehicle is uncomfortably hot or cold?

Tip: Spokesperson Danny Nicholson says the TTC tries to set the temperature at a comfortable level, but sometimes "there could be a mechanical problem with the air conditioning or the heating." He suggests the usual — report the incident to the customer complaint line 416-393-3030 — but suppose you have to endure a long ride in those conditions?

Asked if a rider should bring up the issue with the driver, he said, "I would not at this point because the operator has more important things to do — in terms of operating the vehicle."

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

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BEAUTY *at the Bay*

Massive pot grow op busted

Police in eastern Ontario believe they've busted the largest marijuana grow operation in Canadian history. More than 40,000 plants were seized after provincial police raided a farm near Pembroke, Ont., last Thursday. THE CANADIAN PRESS

Canada

Twelve arrested in hash oil raid

Twelve people are in jail and 750 kg of hash oil worth as much as $7.5 million has been seized after a late night drug bust off the coast of Nova Scotia. RCMP say a boat they believe sailed from the Caribbean was unloading the drugs early Sunday morning when police raided the operation. Nine men were arrested loading the drugs onshore while three more were captured on the sailing boat. METRO CANADA

Cash concerns growing

U.S. money meltdown worries Canadians, Metro poll finds

JIM REYNO
jim.reyno@metronews.ca

It adds up, then it takes away. A few extra cents for bread, a little more for gas, higher insurance fees — all part of the ever-increasing cost of living.

But it's not really about cost of living, it's about quality of life. More money for the essentials means less funds for the fun stuff — vacations, dining out, lower-bowl seats at a concert.

All work and no play — you know the rest.

And Canadians are concerned, more concerned than ever given the financial meltdown in the U.S. According to an exclusive worldwide Metro readers poll, almost two thirds of us (65 per cent) are worried about the cost of living. That makes us the third most stressed nation, behind Portugal (83 per cent) and the U.S. (82).

According to the experts, the worry is warranted.

"A lot of what's happening on the world scale right now has really affected one's quality of living and inflation is a huge part of that," said financial planner Rhonda Sherwood of ScotiaMcLeod in Vancouver. "So, I do see that as a concern."

So does John Eisner, president of Credit Counseling Service of Atlantic Canada.

"We're having more people coming through the doors looking for ways to budget and manage their money, so obviously that's an indication," he said from Halifax. "Consumers need to be re-evaluating where they're at versus just continuing on their own merry way.

"It's something we all need to be concerned with."

The cost of living is the biggest financial-crisis concern Canadians have, according to the poll. About 36 per cent are worried about their savings, ranking us fourth out of the nine countries surveyed. We're fifth when it comes to concerns over job loss (16 per cent).

On the bright side, most respondents think their money is safe for now, but are monitoring the situation, placing Canada fourth (58 per cent). Thirty per cent of us have total confidence and plan to change nothing, putting us fifth.

As for advice on how to handle the crisis, Sherwood says having a diverse, quality portfolio is the way to go. And relax.

"Every five years, 10 years, there will be some circumstance out there that will happen and your money will take a huge drop and you'll panic and call me and think your world is coming to an end, as usual," said Sherwood. "I've been in this industry 20 years — it happens over and over again.

"What you're feeling right now is the emotion of the market. But long term, you're fine. Long term, it's a good time to be buying right now — that's what I'm doing."

A total of 2,255 readers participated in the poll, including 130 Canadians.

WITH FILES FROM JENNIFER TAPLIN/METRO CANADA

Metro's numbers from around the world

Here are the results of a worldwide Metro readers poll about their concerns in the face of the U.S. financial crisis. A total of 2,255 participated in the survey.

Percentage worried about increase in cost of living:
- Portugal 83
- U.S. 82
- **Canada 65**
- Italy 64
- Spain 63
- Hungary 62
- Netherlands 61
- Denmark 55
- Sweden 45

Percentage worried about savings:
- U.S. 54
- Italy 43
- Spain 42
- **Canada 36**
- Portugal 27
- Sweden 27
- Hungary 21
- Denmark 19

Percentage worried about jobs:
- Spain 36
- USA 31
- Italy 30
- Portugal 26
- **Canada 16**
- Hungary 13
- Sweden 8
- Netherlands 6
- Denmark 5

Percentage who think their money is safe for now:
- Hungary 71
- U.S. 68
- Portugal 62
- **Canada 58**
- Italy 57
- Sweden 53
- Spain 50
- Netherlands 47
- Denmark 46

Short, intense treatment works: Study

BREAST CANCER A shorter course of more intense radiation therapy for some breast cancer patients is just as beneficial as a longer period of treatments, according to a Canadian study that has tracked the same women for more than a decade. Results of the study that followed women with early-stage breast cancer who received only three weeks of the radiation therapy after surgery to remove a malignant lump, instead of the conventional five weeks, show it's just as effective. The findings were presented yesterday at the annual meeting of the American Society of Therapeutic Radiology and Oncology in Boston. THE CANADIAN PRESS

Provinces unite to lure visa students

EDUCATION Provincial education ministers are banding together under one national brand in a bid to attract more foreign students to study and possibly stay in Canada. The brand, a stylized red maple leaf with a bilingual slogan that says "Imagine Education in Canada,"was revealed yesterday at a meeting of education ministers in Fredericton. THE CANADIAN PRESS

Court allows U.S. war resister to stay

A high-profile American war dodger won a desperate bid to stay in Canada yesterday as a judge refused to allow Canada to send him back to the United States to face prosecution for desertion.

Jeremy Hinzman's reprieve from scheduled deportation today came after Federal Court heard an Immigration official had made serious errors in assessing the hardships the deserter and his family would face if forced back to the U.S.

"Of course, we're elated — we weren't expecting this much, so it's a nice surprise," Hinzman said moments after the decision was released. "(But) we're not out of the woods at all. We just have a stay of removal."

Earlier in the day, Hinzman's lawyer Alyssa Manning told Justice Richard Mosley that evidence suggests outspoken critics of the 2003 American-led invasion of Iraq face harsher treatment than other deserters.

Hinzman, 29, deserted in January 2004 just before he was scheduled to deploy to Iraq. THE CANADIAN PRESS

Jeremy Hinzman

News in brief

TRIAL Former privacy commissioner George Radwanski told his fraud trial yesterday he faced an extraordinary workload that resulted in dawn-to-dusk workdays when he took over the job and led to frequent working lunches with his communications aide. THE CANADIAN PRESS

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Westgate SmartCentres

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Bayview Village
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Hopedale Mall (kiosk)
Oakville Place
Winston Power Centre

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
Pickering Town Centre
Steeple Hill Shopping Centre

RICHMOND HILL
Elgin Mills Crossing
Hillcrest Mall
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Building A

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Cedarbrae Mall (kiosk)
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Doctors to stay in Newfoundland

Three doctors in Newfoundland who specialize in treating women with cancer agreed yesterday to rescind their resignations and continue working in the province, after Premier Danny Williams announced a deal that gives them a hefty pay increase. THE CANADIAN PRESS

Oceans not a 'dumping ground'

DEVIN STEVENS
for Metro Canada

ENVIRONMENT The queen's representative in Canada was in Halifax yesterday, pleading for the world to stop treating the oceans like "a dumping ground."

"This country is made up of every hope we cherish, every dream we share."
Governor General Michaëlle Jean

RYAN TAPLIN/METRO HALIFAX

Governor General Michaëlle Jean gives the keynote address at the International Council for the Exploration of the Sea Annual Science Conference in Halifax yesterday.

"The sea is part of my personal landscape," said Governor General Michaëlle Jean, as she kicked off an ocean science conference.

Jean spoke of her native Haiti, a country bordered by three oceans. She said people in Canada's North reported some of the first effects of global warming. "This country is made up of every hope we cherish, every dream we share," Jean told the 200 or so people gathered.

"One of those dreams, one of those projects … is to ensure the integrity of our ecosystems of which the sea is a vital part."

Delay granted in murder case of Nova Scotia man

CRIME The murder trial of Nova Scotian Glen Race in northern New York won't resume until later this week.

About a dozen people turned out for the anticipated start of the defence's case yesterday morning, but after a two-hour wait they were told the proceeding was being delayed until Wednesday afternoon.

During a lengthy closed conference with the lawyers, Judge Kevin Ryan granted a defence request that sought extra time to present the first defence witnesses.

Race's lawyer said later that a scheduling conflict with his expert psychiatrists led to the temporary adjournment. Those witnesses are expected to tell the court about Race's mental disease or defect.

THE CANADIAN PRESS

The charges

- Glen Race is accused of the murder of Darcy Manor, shot in the back and killed in May 2007 at a secluded hunting lodge in Mooers, New York.

Man hears shot, later found dead

TRACEY TONG
Metro Canada

A man who stepped outside to investigate a noise like gunfire on his property Sunday night was later discovered shot dead on his farm in rural Quebec in the town of St-Sixte, northeast of Ottawa.

Quebec provincial police said yesterday they are not ruling out any possibilities in the "suspicious death" of Albert Legault, 71.

"We have a lot of hypotheses, but we don't know what happened exactly," said Surete du Quebec Constable Melanie Larouche.

Legault had gone outside to investigate a noise that sounded like a gunshot near his Montee du Gore home just before 7 p.m. Sunday night.

When he failed to return, a family member went out to look for him.

Larouche said the family member discovered the man face down in a field at the back of the house.

The man had been shot with a bullet, Larouche said.

"The victim was brought to a hospital in Buckingham where the death was confirmed," Larouche said.

Police would not say where on his body the man had been shot, nor would they reveal what kind of gun had been used.

Larouche said they know what kind of weapon was used.

But police said they will not diclose that information to the public, because they want to protect the investigation of Legault's death.

A canine unit and a police helicopter were on scene yesterday to aid police in the investigation.

Rumours

- There was speculation yesterday the man may have been shot by a hunter's stray bullet, or even by someone associated with a marijuana grow op.

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Fake Harper e-mails under investigation

The RCMP and Canada's electronic counter-espionage agency have been called in to investigate after someone sent out two fake e-mails under the name of Stephen Harper to subscribers of the prime minister's website mailing list. **CBCNEWS.CA**

Election 2008

JONATHAN HAYWARD/THE CANADIAN PRESS

Conservative Leader Stephen Harper addresses a gathering yesterday during a campaign stop in Ottawa.

PM promises youth crime crackdown

Conservative Leader Stephen Harper played the law-and-order card, seeking to tap into Canadians' fear of gang violence and street crime by proposing a crackdown on youth offenders.

Accusing previous governments of being soft on crime, Harper said, "We have been going in the wrong direction for 30 to 40 years in this country and it is going to take some time to get this turned around."

Under his proposed law-and-order legislation, for the first time in modern Canada judges would have the option to sentence youths aged 14 and older to life in prison if they are convicted of first-degree or second-degree murder.

Harper also said he would legislate tougher sentences for other violent youth crime such as attempted murder, manslaughter and aggravated assault. And Harper would change the law to ensure that names of those convicted will be made public.

While the Conservatives acknowledge that rates for some types of crime are down, Harper said the problem of serious youth crime is growing.

TORSTAR NEWS SERVICE

Uncle Sam and the bridge to nowhere

National**Report**

Lawrence Martin

The state of the American union? You don't want to think about it. But as Canadians, we have no choice.

Wall Street? A basket case. Weapons of mass destruction all over the place.

Deficit and debt? Off the charts.

Housing market? Shambles.

Dollar? Falling.

Energy dependency? Worse than ever.

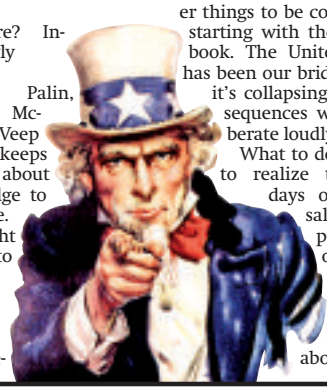
Global reputation? The pits.

Quality of presidency? A lead candidate for worst in history.

War and peace? Iraq, Afghanistan. Osama still at large.

Culture? Increasingly trashy.

Sarah Palin, John McCain's Veep pick, keeps talking about the bridge to nowhere. She might be on to something. With George W. Hopeless as president, we knew their public sector was being turned into a wreck. Now we're discovering that the financial titans of the private sector are darn near in the same league.



Canadians who like to think we do things better up here will be feeling vindicated. We are spared the aforementioned afflictions. But there are obviously other things to be considered, starting with the pocketbook. The United States has been our bridge and if it's collapsing the consequences will reverberate loudly.

What to do? First is to realize that our days of wholesale dependency on the United States are over. Forget about that old-styled bilateralism. The loosening of the bonds is already underway. For the first time in a century our exports to the U.S. are steadily diminishing. The border is not disappearing as John Turner once predicted. Washington's security paranoia sees it being ramped up. Presidential candidates are bashing NAFTA.

Canada has come of age, is less colonially minded, is greatly empowered by its energy resources. Huge new markets are out there. It's time, finally, to get the eggs out of one basket.

As it has in the past, America will eventually get back on its feet. But unlike the last half-century, when it had no challengers to its paramountcy, a new megapower, China, is emerging. The old order, as we knew it, will never return.

Given our economic dependence on the U.S., that's a danger. But it's also an opportunity. A chance to be less beholden, to diversify, to build new bridges, to chart our own way.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

308

The numbers are in for candidates running across the country after parties had until 5 p.m. yesterday to file their nomination papers in 308 federal ridings.

CONSERVATIVES: 307
The Tories chose not to run a candidate against colourful independent MP and former radio host André Arthur in the Quebec City area riding of Portneuf-Jacques Cartier.

LIBERALS: 307
The Liberals are not running a candidate against Green party Leader Elizabeth May in the Nova Scotia riding of Central Nova.

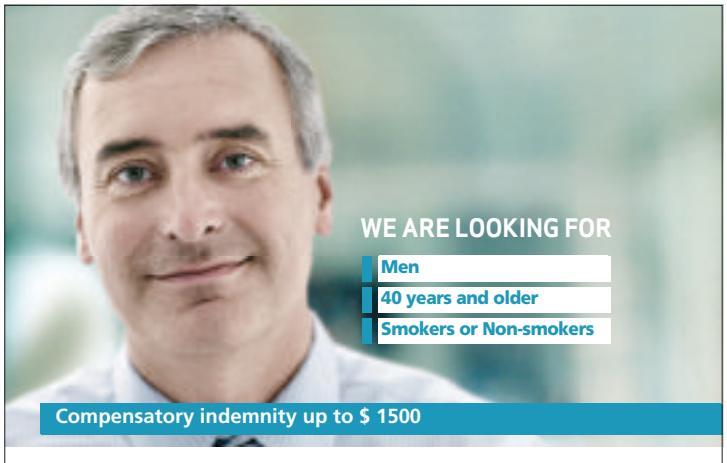
NEW DEMOCRATS: 308
(a full slate)

BLOC QUÉBÉCOIS: 75
(a full slate in Quebec)

GREEN PARTY: 306
The Greens are not running candidates against Liberal Leader Stéphane Dion in his Montreal riding of St. Laurent-Cartierville or popular independent MP Bill Casey, a former Conservative who May has dubbed an "honorary Green" running to keep his seat in the Nova Scotia riding of Cumberland Colchester Musquodoboit Valley.

TORSTAR NEWS SERVICE

21 days remain until the 2008 Canadian federal election



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Duceppe urges Quebecers to be better informed

Bloc Québécois Leader Gilles Duceppe is telling Quebecers they need to be better informed if they're tempted to vote for the Conservative party next month. Duceppe urged Quebec voters to find out what the Conservatives have in store for them if the party wins a majority government. THE CANADIAN PRESS

Election 2008

Controversy

Ex-Tory candidate under scrutiny

HALIFAX The failed Conservative candidate for the Halifax riding is now without a job and being investigated by her charity for "financial irregularities."

Rosamond Luke stepped down as a Tory candidate when it was revealed she had been convicted of uttering death threats.

At the time the charity she founded, All Women's Empowerment and Development Association (AWEDA) issued a statement supporting Luke.

Now AWEDA chair Brenda Saunders/Todd says Luke lied to them by saying the threats were due to her divorce. When AWEDA discovered the claim was false, they suspended Luke with pay and began an investigation.

That led to the discovery of financial irregularities under Luke's watch. Yesterday she was suspended without pay.

PAUL MCLEOD/ METRO CANADA

Dodging the mud

Families don't get used to attacks, Krieber says

JEFF HODSON
Metro Canada

The mud, tar and occasional puffin poop slung during a federal election can be rough on a politician's family, the wife of Liberal Leader Stéphane Dion said yesterday.

"It was painful at the beginning," said Janine Krieber, Dion's wife, in Vancouver.

"I don't think you get used to that. You just ignore it. You have to ignore that. Just to do your life."

Krieber, 53, a professor of international relations and strategic studies at the Royal Military College of Canada, got her first taste of mud in the political cartoons following the 1995 sovereignty referendum.

In 1996, Dion was recruited by prime minister Jean Chrétien to promote federalism in Quebec.

RAFE ARNOTT/METRO CANADA

Janine Krieber, Stéphane Dion's wife, discusses the effect political life has had on her personal life in Vancouver yesterday.

Krieber said the attacks and negative personal campaigning are common among families of people seeking public office.

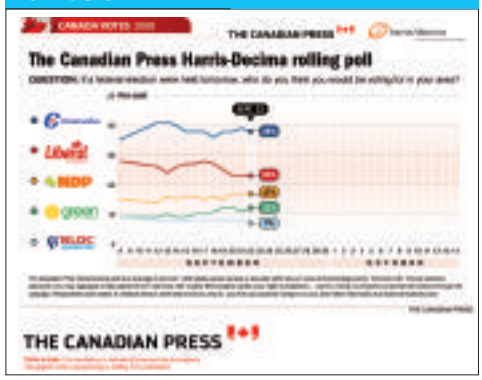
"I work with partners of Members of Parliament and each of them has a story about how ill-treated their spouse has been during an election."

Among the current (non-puffin) attacks is a suggestion that Dion is a weak leader.

"It's totally untrue," Krieber said. "It's totally an invented character.

"The worst thing is that it sticks. When you repeat, and repeat and repeat lies and lies and lies it seems to become true. I hate that. … There's just no respect for the intelligence of the average Canadian."

Numbers



News in brief

ARRANGEMENT New Democratic Party Leader Jack Layton is keeping an open mind about working with the Liberals if that's what it takes to topple Prime Minister Stephen Harper's Conservatives. Repeatedly refusing to rule out any arrangement with Liberal Leader Stéphane Dion, Layton yesterday said voters want a "mainstream" approach after more than two years of right-wing government.

NUKES Green party Leader Elizabeth May is calling on Canada to take a stronger role in global nuclear disarmament. May, who is crossing the country by rail making whistle stops in various communities, told a news conference in Edmonton yesterday that Ottawa needs to declare Canada a nuclear-free zone. She says Canada also must end subsidies to the sale of nuclear reactors overseas.

METRO NEWS SERVICES

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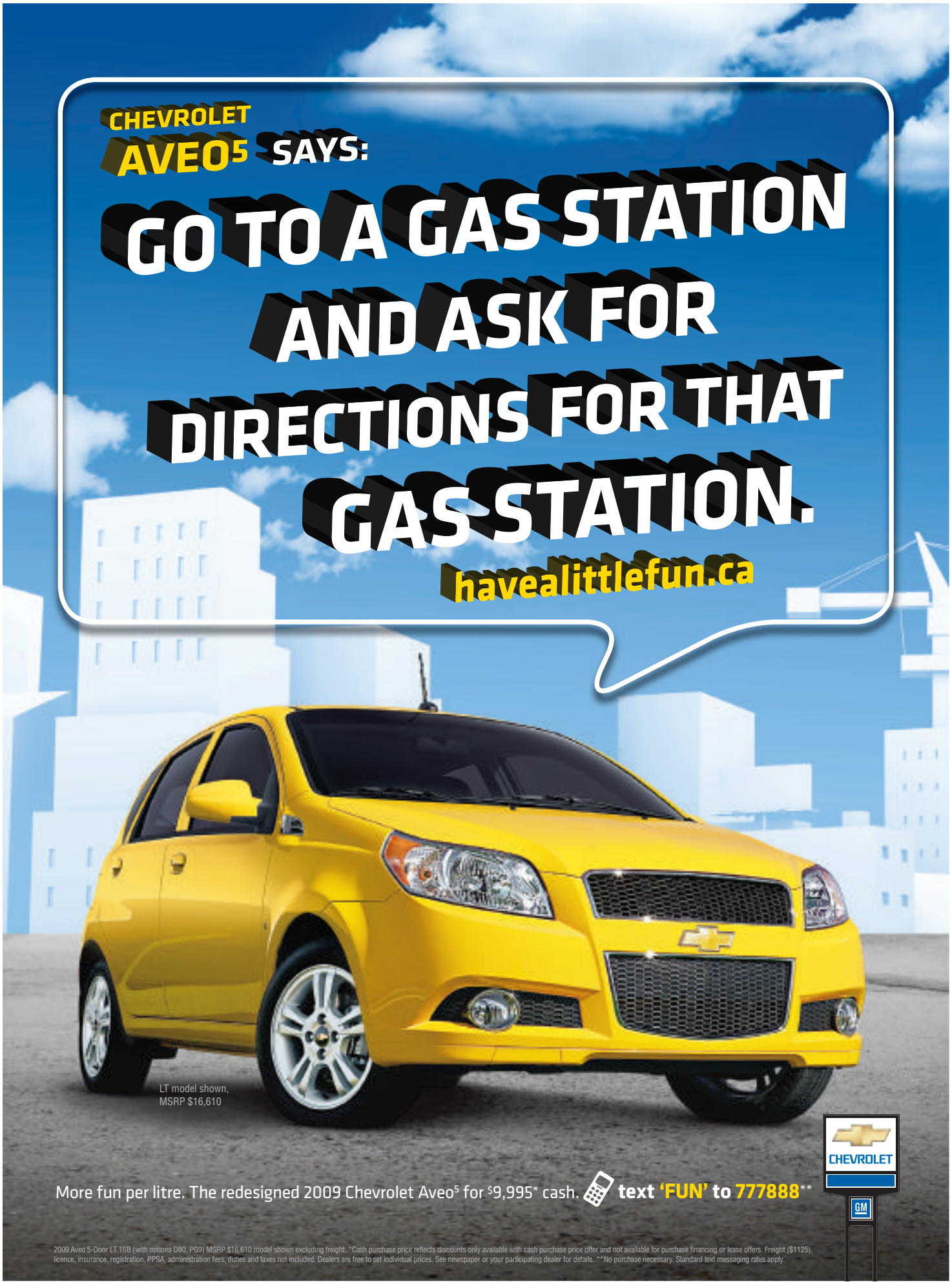
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U.S. court upholds conviction of millionaire in slaying of socialite wife

Georgia's top court has upheld the murder conviction of an American millionaire accused of having his 35-year-old socialite wife killed by a hired gunman in 1987. James Sullivan was convicted of paying an assassin $25,000 to pose as a flower deliveryman and gun down his wife, Lita. THE ASSOCIATED PRESS

World

119 dead in India floods

The death toll from heavy monsoon rains and flooding across India over the last three days has hit 119. Most of the casualties are reported in India's populous northern state of Uttar Pradesh, where 70 people have either drowned or died in house collapses or from electrocution.

THE ASSOCIATED PRESS

Obama vows spending cuts

Democrat blames Republicans for economic turmoil

Democratic presidential nominee Barack Obama moved to claim the mantle of fiscal responsibility in a roiling economy, vowing yesterday to slash federal spending on contractors by 10 per cent and saving $40 billion.

As president, Obama said he would create a White House team headed by a chief performance officer to monitor the efficiency of government spending.

"We will fire government managers who aren't getting results, we will cut funding for programs that are wasting your money and we will use technology and lessons from the private sector to improve efficiency across every level of government," Obama said at a rally in Green Bay, Wis.

Obama has focused tightly on the economy in recent days, and he has urged Democrats and Republicans to join forces to approve a bailout of the troubled financial industry that not only saves the industry but protects taxpayers.

He linked the turmoil that's rocked Wall Street to federal spending he said has soared out of control, laying the blame at the feet of Republican policies he argued that rival John McCain is certain to continue.

Obama said he's spent the last two years running for president on a promise of change, and he mocked McCain's argument he can bring change to Washington. THE ASSOCIATED PRESS

CHRIS CARLSON/THE ASSOCIATED PRESS

Barack Obama greets supporters after a campaign event in Green Bay, Wis., yesterday.

Legislator's son implicated in Palin e-mail hacking case

INVESTIGATION The FBI searched the residence of the son of a Tennessee state legislator on the weekend, looking for evidence linking the young man to the hacking of Republican vice-presidential candidate Sarah Palin's personal e-mail account, said two law enforcement officials yesterday.

David Kernell, 20, is the son of Representative Mike Kernell, a Memphis Democrat and chairman of Tennessee's house government operations committee.

A hacker last week broke into one of the Yahoo Inc. e-mail accounts that Palin uses, revealing as evidence a few inconsequential personal messages she has received since John McCain selected her as his running mate.

After the break-in, a person claiming responsibility published a chronology of the hacking on the website where the break-in was first disclosed. That person identified his e-mail address as one that has been linked publicly to David Kernell. THE ASSOCIATED PRESS

Target

- The hacker targeted Sarah Palin's "gov.palin" Yahoo e-mail account.

Livni receives approval to form coalition government

POLITICS Israeli Foreign Minister Tzipi Livni has received formal approval from President Shimon Peres to form a new government.

The decision starts the clock on a 42-day period for putting together a new team.

If she forms a coalition that can win parliamentary approval, Livni will become Israel's first female prime minister since Golda Meir in 1974.

But if she fails, an election must be held within 90 days.

The 50-year-old Livni recently won leadership of the Kadima party, the largest group in Israel's governing coalition.

She has pledged to pursue peace talks with the Palestinians and Syria, following up negotiations started under outgoing Prime Minister Ehud Olmert. THE ASSOCIATED PRESS

News in brief

AFGHANISTAN The UN Security Council voted yesterday to extend the NATO-led force in Afghanistan but was critical of the growing number of civilian casualties, and urged its troops and U.S.-led forces to minimize civilian deaths.

SPACE China plans to launch its Shenzhou 7 mission as early as Thursday. It will carry a full complement of three astronauts, one of whom is expected to perform China's first space walk. This manoeuvre will help China master docking techniques needed for the construction of a space station. THE ASSOCIATED PRESS

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Up to 30 killed in mortar attack by government forces on Mogadishu market
Mortar rounds slammed into a market in Somalia's capital yesterday, killing up to 30 people, including children. The attack overwhelmed hospitals with dozens of wounded in the worst fighting in months between Islamic insurgents and the government, witnesses said. THE ASSOCIATED PRESS

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Food safety chief resigns amid scandal

The head of the Chinese agency that monitors food and product safety has resigned, state media announced yesterday, pushed out by a scandal over tainted baby formula that killed four babies and sickened nearly 53,000.

Beijing authorities also said that China's biggest producer of powdered milk had known for months that its baby formula was tainted with the industrial chemical melamine. There were complaints about infant formula sold by the Sanlu Group Co. as early as December 2007, China Central Television reported, citing an investigation by the State Council, China's cabinet.

Melamine, which can cause kidney stones and kidney failure in babies, has since been found in infant formula and other milk products from 22 of China's dairy companies.

Milk products have been pulled from stores around the country and Chinese dairy products have been recalled or banned in Japan, Singapore, Malaysia, Brunei and Hong Kong.

THE ASSOCIATED PRESS

Hungary **Cycling for a car-free cause**

BELA SZANDELSZKY/THE ASSOCIATED PRESS

Participants of the Critical Mass bicycle ride lift their bicycles prior to cycling across Budapest, Hungary. Tens of thousands Hungarian cyclists participated in Critical Mass, a worldwide movement devoted to riding bicycles and promoting International Car Free Day yesterday.

News in brief

SAN FRANCISCO A judge has sentenced a dog owner to 15 years to life in prison, seven years after her canines fatally mauled her neighbour in an upscale San Francisco neighbourhood. Dianne Whipple was attacked by Marjorie Knoller's two Presa Canarios in a hallway of their apartment.

STONEHENGE The first excavation of Stonehenge in more than 40 years has uncovered evidence that pilgrims gravitated to the site from around Europe for its perceived healing properties. An unusual number of skeletons recovered from the area showed signs of serious disease or injury. Analysis of dental records showed that about half were from outside the Stonehenge area.

THE ASSOCIATED PRESS

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Disney Parks rolls into town, Wednesday, September 24th, with the "What Will You Celebrate" Tour – and you're invited.
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A NEW VIEW OF LONDON

London is a city bursting with culture, attractions and entertainment. To get the most out of your visit, Londoners Helen and Derek would like to welcome you to their worlds.

Helen

MY LONDON

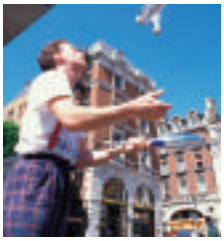
My favorite thing about London is that there is always something new to discover. I moved here from Boston about 6 years ago and I'm still stumbling upon hidden gems.

To experience my London, you should head to the South Bank, a real cultural hub in the city. Home to the **National Theater, Royal Festival Hall** and the **Hayward Gallery**, it's where the locals go to immerse themselves in arts and culture. Not many people realize that there are free events and festivals running all year round - you never know what you might find! We log on to **visitlondon.com** to see what's on.

My sister and her family are coming over to stay this fall and I'm already planning what to do. I'm definitely going to start with the **London Eye**, a huge observation wheel on the banks of the River Thames. What better way to get your first glimpse of London than from 135 feet in the air?

Head over to **Covent Garden** for a feel of traditional London. Once home to a flower and fruit market, the stalls now have crafts from across the UK. I love exploring the small streets around the market. It's a real joy discovering beautiful little boutiques hidden away from the beaten track.

"Not many people realize that there are free events and festivals running all year round"



From the river, you'll pass many of London's iconic landmarks, from the **Houses of Parliament** to the **Tower of London** and more contemporary buildings like **City Hall** and the **"Gherkin"**. I enjoy seeing the old pubs and houses on the side of the river. Some of them are really tucked away, and I love to soak up the history and atmosphere as we pass them by.

Derek

MY LONDON

I'm a Londoner born and bred and my top tip for exploring London is to get onto the river. There are loads of cruises to choose from and many of them provide commentary on the history of the city, but I particularly like hearing the quirky stories from the local guides.

To really experience the local's world, find a comfy position inside one of London's famous riverside pubs. I love to go down to Greenwich on a Sunday afternoon with the weekend newspapers under my arm. After a relaxing read, I head up to the planetarium at the top of Greenwich Park, where the views of London are the best in the city.

My kids on the other hand are much more active. On Sundays they head over to **Spitalfields Market** to browse through the designs of up and coming designers. The area has changed so much since I was a lad, it's like another world! The market has everything you could want from clothes and jewelry to antiques and china. There's a great atmosphere and some lovely places to eat which are really good value.

For great savings, I recommend changing dollars (commission free) at Thomas Cook foreign exchange branches around London. All you need is a voucher that is downloadable from **visitlondon.com.** You'll receive a special discount booklet with **£100** of savings at certain attractions, which will be a huge help.

"From the river you'll pass many of London's iconic landmarks"

For more tips on how to explore London including accommodation, travel and entertainment, log on to

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Clothing retailer Gap buys Athleta

Gap Inc. announced yesterday that it is buying Athleta Inc., a women's sports and active apparel online and catalogue company, for about $150 million US in cash. Athleta is expected to become the fifth brand in Gap's online portfolio. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

BANKING National Bank is spending $35.8 million to purchase a minority stake in Winnipeg-based brokerage Wellington West Holdings as part of a strategy by Canada's sixth largest bank to expand its presence outside of Quebec.

STAKE Global cigarette maker Philip Morris International, which last week completed a $2-billion takeover of Rothmans Inc., is set to invest $16 million in Canadian vaccine developer Medicago Inc., taking a 49.9 per cent stake.

SALE Tanganyika Oil Co., a Calgary-based company with operations in the Middle East, says it has entered into exclusive talks with an unnamed outside party to sell the company.

METRO NEWS SERVICES

Hunt for bargains

Canadian firms eye opportunities in U.S.

Canadian financial institutions are reportedly exploring opportunities in the battered American financial sector, several observers said yesterday.

Reports suggest that Toronto-Dominion Bank was one of several firms talking to Washington Mutual Inc., which put itself on the block last week.

Manulife, Canada's biggest insurer, is reportedly looking at buying the assets of American International Group, effectively nationalized by the U.S. government last week.

"There may be some bargains, but you have to be very cautious."
Harold Chorney

But walking into the uncertain U.S. market at this point could put Canadian firms in danger of future trouble, experts suggested.

"There may be some bargains, but you have to be very cautious because we're in the middle of something that's not completely worked itself out yet," said Harold Chorney, a professor at Montreal's Concordia University.

THE CANADIAN PRESS

Democrats want executive pay limits

BAILOUT As the Bush administration continues efforts to push through a $700-billion US bailout for the U.S. financial system, Congressional leaders appear to be seeking changes to help homeowners.

They want judges to have the power to rewrite mortgages so that bankrupt homeowners will be able to make lower monthly payments. A draft of the Democrat plan also calls for a limit on executive pay packages and a return of bonuses paid by companies that unloaded their bad assets on the government. THE ASSOCIATED PRESS

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CN police officers ratify contract
Canadian National Railway Co. said yesterday workers represented by the Canadian National Railways Police Association have ratified a new five-year contract that provides wage increases and changes in benefits and work rules. THE CANADIAN PRESS

Retail sales rise in July

Consumer confidence sags

Despite a small uptick in Canadian retail sales in July, the retail sector is not likely to heat up any time soon, economists say, pointing to weakening consumer confidence, cooling housing and labour markets and a volatile global financial sector.

Sales rose 0.1 per cent to $36 billion in July, as a decline in the automotive sector was offset by higher sales in most other sectors, Statistics Canada reported.

Excluding price variations, retail sales were flat after declining in the previous two months.

Retail sales have been slowing for the last three months and look set to keep on slowing for the remainder of the year, said James Marple, an economist with TD Bank.

Canadian consumers, he said, are becoming increasingly concerned about the economic outlook, given the turmoil in financial markets.

"The underlying trend in Canadian consumer spending is losing momentum before our eyes."
Douglas Porter

Back in July, said Marple, "we still had a labour market that was growing. Before that we had seen pretty strong income growth."

BMO Capital Markets economist Douglas Porter said, "this report signals that the underlying trend in Canadian consumer spending is losing momentum before our eyes."

Total retail sales were higher by 4.9 per cent compared with a year earlier, or by 7.7 per cent excluding the vehicle industry.

THE CANADIAN PRESS

Bicentennial **Lincoln penny**

CHIP SOMODEVILLA/GETTY IMAGES

An Abraham Lincoln impersonator unveils one of four new pennies at the Lincoln Memorial in Washington, D.C., yesterday. The 2009 Abraham Lincoln bicentennial coin redesign will highlight four phases of the 16th U.S. president's life.

Business in brief

ENERGY MARKET Oil prices briefly spiked more than $25 US to $130 a barrel yesterday, shattering the record for the biggest one-day gain as unease about the U.S. government's $700-billion bailout plan pummelled the U.S. dollar. Light, sweet crude for October delivery fell back to settle at $120.92, up $16.37 at the close. THE ASSOCIATED PRESS

Mega Brands execs sued over insider trading allegations

LAWSUIT The battle between Mega Brands and the former owners of Rose Art Industries took another nasty turn with the filing of a lawsuit accusing executives of the toy maker with insider trading.

Jeffrey and Lawrence Rosen have accused the company's top officials of selling hundreds of thousands of shares before the public was notified about the death of an American child who had ingested their magnetic toy.

THE CANADIAN PRESS

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Syria 18.9¢
U.A.E. 19.9¢
Egypt 14.9¢
Iran 3.9¢
Israel 2.9¢
Latin America
COLOMBIA 3¢ URUGUAY 7¢
Argentina 2.9¢
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Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Solace in a recession

SmartCookies

With gas prices on the incline, the job market on the decline and signs of the real estate market softening, a feeling of discouragement is to be expected.

Of course, as times get tougher, reining in our spending and paying down our debt should be our first strategy when it comes to recession proofing.

However, in the face of adversity, there is always opportunity. In true Smart Cookie style, we have chosen to focus on the silver lining of this black financial cloud.

Below are some Smart Cookie tips on ways you can capitalize on our current financial climate:

Stock Up On Small Cap Stocks

Drops in the financial markets may present opportunities for your investment portfolio and educating yourself around some of the best prospects for investment can be as easy as looking to the past.

Recent research by MZ Capital Management found that three years after the past nine recessions, small cap stocks outperformed large cap stocks by nearly 50 per cent. This comparison looked at the performance of the S&P 500, which reported an average return over a three-year period of 28.2 per cent versus 76.2 per cent for the Fama/French Small Cap Value benchmark portfolio.

Of course, before making any investment decisions, we recommend that you do your research, speak to your financial planner or someone you know who is knowledgeable when it comes to investing.

If you planned a vacation, try a cruise. Prices are at a three-year low, so take advantage now, one spokesperson said.

Get On Board Cruise Travel

Even amid soaring fuel prices, the cruise industry has been offering competitive packages to entice North American travellers to get into cruise travel. If you are looking to get away, why not take advantage of one of these deals? Many cruise lines are even offering discounted or free airfare as well as the option for kids to sail free. A spokesperson at Expedia Cruiseship Centers says that cruising prices are at a little as $500 for a Royal Caribbean Cruise.

"According to the Consumer Association of Canada, home renovations and repairs are the one area where we are likely to see prices decrease instead of just freeze."

Renovation Jubilation

Although the assessed value of your home may not be as high as it was a year ago, now may be a great time to consider renovations. Sound crazy? In a softer economy, wait times on construction projects generally drop and tradespeople, who are more likely looking for work, are often willing to barter.

According to the Consumer Association of Canada, home renovations and repairs are the one area where we are likely to see prices decrease instead of just freeze.

If you have questions for the Smart Cookies, e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

How is the U.S. government's financial bailout going to affect the markets? Read this week's column at metronews.ca

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Your Money

Stocks: Risky business

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q My wife and I have several thousand dollars invested in Guaranteed Investment Certificates. This will be used to buy our first home. GIC interest rates are low. I believe we can get greater returns in the stock market. Many stocks have historical returns of 10-15 per cent. My wife disagrees and wants nothing to do with them. Is this the right time to buy Canadian stocks while they are low? Vince

A These are very tumultuous times. Last week's stock market roller-coaster ride is a reflection of uncertainty in the market. The U.S. financial meltdown has global implications and not just restricted to North America. There is more than sufficient blame and finger pointing to go around but they all have one common factor ... greed.

The stock markets are experiencing times like no other. This is not an overpriced "tech bubble" that is undergoing a price correction but a possible loss in confidence of the entire financial system.

Speculation in the current market is not for individuals that cannot afford to lose a large portion of their investment. With our so-called stock experts reeling and baffled, this may not be a place for an unsophisticated investor. Most stock experts agree, investors in the market should not panic to sell if they are in for the long term.

Home sales in the GTA and surrounding area continue to experience slower sales. Can prices be far behind? GICs are not as exotic or adventurous as stocks but the interest is guaranteed and principal safe. If you need your savings in the short term, the stock market is not for you.

First-time homebuyers should keep their eyes peeled. Homeownership may be sooner than later.

This may not be the time for unsophisticated investors.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

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Money-saving tip

Going to the computer lab on campus can take a lot of time and printing there can be costly. Make printing easier and affordable by having an all-in-one printer in your room. **NEWS CANADA**

Student ¢ents

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

by the numbers

Drinking can have both financial and social consequences, a new report shows.

Not only can tying one on get expensive, it can have serious social consequences. A U.S. report released in 2007 by The National Center on Addiction and Substance Abuse at Columbia University, the result of four years of research, revealed the following:

- 1,717 deaths from unintentional alcohol-related injuries in 2001, up 6 per cent from 1998
- A 38 per cent increase from 1993 to 2001 in the proportion of students injured as a result of their own drinking
- A 21 per cent increase from 2001-2005 in the average number of alcohol-related arrests per campus. In 2005, alcohol-related arrests made up 83 per cent of campus arrests
- 97,000 students were victims of alcohol-related rape or sexual assault in 2001
- 696,000 students were assaulted by a student who had been binge drinking in 2001

– CONSUMERAFFAIRS.COM

No money? No problem!

Students can still have fun if they're broke: Experts

BRIAN TOWIE
brian.towie@metronews.ca

One way to have fun with your friends without spending money is to get together to play organized sports, such as flag football.

The weekend's on its way and you're looking for something to do. You open your wallet to find nothing but pennies and lint. What now?

To rephrase a rap song by the late Notorious B.I.G.: No money, no problems. Fun doesn't always mean you have to spend cash. There are various ways to fill your social calendar, possibly without dropping a dime. You just need to show a little ingenuity and keep your ear to the ground.

"Having no money can be a good thing for people who want to have fun, because it forces you to think outside of the box, to come up with new ideas," according to Sam Gruszecki, director of strategic initiatives at Meet Market Adventures, an event planning service for singles. "It's all about being creative, and if everybody's having fun, they appreciate it that much more."

One of the best ways students can save money is to skip the alcohol and go for coffee with friends instead, experts say.

Instead of throwing around your dough, you can try the following, according to Gruszecki: Play board games in the park, build sandcastles on the beach, ferment your own alcohol, get people together for organized sports like flag football or build a birdhouse.

Even the arts can come cheap. Indie bands and budding actors often perform at local pay-what-you-can venues, a much more cost-effective way to see live theatre or music than paying more than $100 to see a big-name production. You'll find listings for these events in local free papers, and your local campus newspaper.

"There are a couple of key things you can do. Pick up one of those free papers that heavily cover the local entertainment scene — they're full of listings of things to do for people who have next to no money," says Chris McGrath, student affairs representative at the University of Toronto's Mississauga campus. "Early in the semester, there might even be some free festivals going on in your city, you can have a look around. Also check your campus paper for what's new: You can find out about any new clubs or organizations."

Students are getting wiser with their cash, says McGrath, and one of the best ways to save it is to not drink. He says that more often, in the interest of preserving their funds (and their livers), undergrads are opting to leave the hooch out of the fun.

"The average weekend for a student might run between $20-$40; it really depends on what they're doing though. Times have really changed. We're finding that students are getting wiser with their money," he said. "Booze is expensive. Pubs are rapidly becoming a kind of community centre for students, spaces where students are choosing not to drink. They might have a coffee and chat all afternoon."

"Having no money can be a good thing for people who want to have fun, because it forces you to think outside of the box."
Sam Gruszecki

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Pirates close to signing draft pick
The Pittsburgh Pirates are nearing agreement on a $6.4-million US, four-year contract with their top draft pick that would end a contentious two-month dispute that led the players' union to file a grievance against the commissioner's office. THE ASSOCIATED PRESS

Sports

2010 World Cup mascot unveiled

A cuddly leopard named Zakumi, left, will be the mascot of the 2010 World Cup in South Africa. The leopard, sporting a green afro, leaped through a beaded curtain yesterday to mark its introduction. The first two letters of Zakumi are the country's initials in Afrikaans — one of South Africa's 11 official languages. "Kumi" means 10 — for the year of the tournament — in many African languages, World Cup soccer organizers said. THE ASSOCIATED PRESS

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Maple Leafs rough up Sabres

Buds have a high-scoring, hard-hitting debut to the pre-season

Maple Leafs 7 Sabres 4

It would be nice to say that after just three days of practice, the Maple Leafs had taken to heart coach Ron Wilson's new defence-first philosophy.

But, in the early going, the Leafs had spent so much time in the Buffalo zone it was hard to know for sure.

This pesky group — mostly Leaf hopefuls as opposed to guys guaranteed jobs — skated to a 4-1 lead after 40 minutes in what was a free game for the fans who took advantage of tickets given away by Coke.

Even if there were 2,000 or 3,000 empty seats, the crowd was more boisterous than a regular-season gathering.

Returning hero Curtis Joseph got the biggest cheer when the starting lineup was announced. But the veteran netminder got off to a rough start when Marek Zagrapan one-timed a pass while standing along the goal line to Joseph's left, seven seconds into a power play.

Joseph stopped Buffalo's next four shots, and was pulled after one period in favour of Justin Pogge.

Pogge stopped 15 shots in the second, most coming in the second half of the period when the Leafs ran into penalty trouble.

TORSTAR NEWS SERVICE

NATHAN DENETTE/THE CANADIAN PRESS

Toronto Maple Leafs forward Ben Ondrus, right, and Buffalo Sabres forward Patrick Kaleta, fight during last night's game in Toronto. The Leafs beat the Sabres 7-4 in pre-season action.

Abdur-Rahim retires from NBA

NBA Sacramento Kings forward Shareef Abdur-Rahim retired yesterday because of a persistent right knee injury.

The 31-year-old Abdur-Rahim played 12 NBA seasons for four teams, beginning his career in 1996 when the Vancouver Grizzlies made him the third overall draft pick. The 2002 all-star averaged 18.1 points, 7.5 rebounds and 2.5 assists in his career.

THE ASSOCIATED PRESS

Sports in brief

FIGURE SKATING The John Labatt Centre in London, Ont., will host the 2010 BMO Canadian Figure Skating Championships. There will be plenty on the line at the Jan. 13-17 event as Canadian skaters vie for spots on the 2010 Canadian Olympic team.

THE CANADIAN PRESS

Faldo blasted for Europe's loss to U.S. in Ryder Cup

GOLF The knives are out for Nick Faldo.

Faldo faced a chorus of criticism at home yesterday after Europe's lopsided Ryder Cup loss to the United States, with the media accusing the six-time major winner of disastrous selections as team captain.

"Faldo Folly" and "Captain Calamity" were among the headlines in British papers.

"Nick Faldo, not the crowd, was America's 13th Man," the Daily Mail said of his role in Europe's 16½-11½ loss at Valhalla.

The Times of London headlined that, while U.S. captain Paul Azinger instilled belief in his team, "Faldo inspired chaos."

The Times said Faldo blew it by selecting his most successful players — Ian Poulter and Graeme McDowell — near the end of Sunday's singles matches rather than at the beginning, which meant that the overall result was decided by the time they won theirs.

"Buzzing around the 17th green, the United States players extolled the team-bonding skills of Azinger," the Times said. Meanwhile, Faldo waited for his best players to complete their meaningless rounds, his backloading of the singles having backfired spectacularly.

"Faldo's thin skin, the need to have his sports shrink by his side even out on the course and his grating sense of humour, had confirmed what we knew all along, which is that he is no natural leader. But what we had not expected was that a man who had dedicated himself so much to this job would make such a colossal mistake."

The Daily Mail said Faldo's decision to put Poulter and McDowell near the end of the 12 matches was like "sending an aircraft carrier to a conflict that was already over."

"His list will go down as one of the great leadership howlers and it confirmed the sense we had of Faldo being swept along by instinct and whim," the Mail said.

The Telegraph said Faldo had used the Ryder Cup to feed his own ego." Faldo's gamble on the big finish … left Ian Poulter, Lee Westwood and Padraig Harrington, thrashing at thin air, their legs amputated by a hopelessly incontinent ego," it said.

THE ASSOCIATED PRESS

ANDY LYONS/GETTY IMAGES

The English media have criticized European captain Nick Faldo's strategy of saving his best players until the last singles matches.

Tiger-Cats add offensive punch

The Hamilton Tiger-Cats have signed running back Kenton Keith through the 2010 season. Keith will be paid $170,000 in 2009 and '10 and sources say that the deal includes a "significant" signing bonus. THE CANADIAN PRESS

CFL blackout robs fans

YorkReport

Marty York

marty.york@metronews.ca

A not so hot streak

• Don Matthews has lost eight of his past nine games as a CFL head coach. On Saturday, his Argonauts are in danger of losing their third consecutive game by 30 points. The Calgary Stampeders are 10-point favourites in Toronto.

The CFL has provided better football this season than it has in years, possibly decades, but this past weekend was less than winsome for the league.

In fact, it was downright disastrous. All four games produced negative story lines.

Consider:

Friday night: The Tiger-Cats lost to the Winnipeg Blue Bombers in Hamilton after botching a snap on a short field-goal attempt in the dying seconds. Not a bad game, especially for greenhorn backup Quinton Porter, who'll likely replace Casey Printers — the CFL's highest-paid player — as Hamilton's starting quarterback.

Thing is, the Ticats made a terrible choice to black out TSN's game broadcast in parts of Southern Ontario, preventing the area's viewers from seeing an emotional farewell to CFL legend Ron Lancaster, who died last week, as well as tributes to Doug Flutie, Michael 'Pinball' Clemons, Mike Pringle and other luminaries inducted into the Canadian Football Hall of Fame in Hamilton.

Paul McCallum

"Black out any game you want," said Mike Morreale, marketing chief for the CFL Players Association, "but not when we're honouring the men who made this league."

Saturday night: The Argonauts were thoroughly dominated by the Stampeders in a 34-4 rout in Calgary. Four measly points is inexcusable in the high-scoring CFL. And painfully dull.

Since Don Matthews resurfaced as the Argos' coach, his team has been outscored 73-13 in two games. Pathetic.

Saturday night: The Lions were beating the Roughriders in Saskatchewan when fans decided to pelt beer cans at the B.C. bench. The team left the sidelines briefly.

The CFL is investigating and likely will beef up stadium security. As well, it'll start penalizing home teams for fans' misconduct of this nature.

"Even (Lions receiver) Jason (Clermont is) embarrassed to say he was born and raised (in Regina)," B.C. kicker Paul McCallum said. "I don't know what the fans are thinking. It's a football game. We're on the sidelines trying to work. Can you imagine if I go to some guy's work and … start firing projectiles at him? Where's the common sense? I don't get it."

Sunday: The Eskimos fumbled five times and equalled the Argos' ineptitude by producing a mere four points against the Alouettes in Montreal's 40-4 slaughter.

Coach Danny Maciocia called his team's performance "terrible" and its worst since he joined Edmonton in 2002.

Also terrible was the fact the game was aired on TSN2, which isn't carried by English Canada's largest cable distributor, Rogers.

Mind you, considering what a fiasco this mismatch was, perhaps depriving so many viewers from watching it was the most positive development for the CFL on the weekend.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Sports in brief

MOTORCROSS Blair Morgan, a star in the daredevil sports of snocross and motocross, suffered a broken back and severed spine in an accident at a Montreal show over the weekend, his team manager said yesterday. The accident occurred on a jump during practice for the Supercross.

NFL Court officials say former NFL kicker Tony Zendejas has pleaded not guilty to charges he drugged a woman at his Southern California sports bar and raped her. Zendejas is free on bail. If convicted, he faces up to 15 years in a state prison.

THE ASSOCIATED PRESS

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
y-Tampa Bay	93	62	.60	—
w-Boston	91	65	.583	2½
New York	85	71	.545	8½
Toronto	83	73	.532	10½
Baltimore	67	88	.432	26

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	86	69	.555	—
Minnesota	84	72	.538	2½
Cleveland	79	77	.506	7½
Detroit	71	84	.458	15
Kansas City	71	86	.452	16

WEST DIVISION

	W	L	PCT	GB
x-L.A. Angels	96	59	.619	—
Texas	75	81	.481	21½
Oakland	74	81	.477	22
Seattle	57	98	.368	39

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
Philadelphia	89	68	.567	—
w-New York	86	69	.555	2
Florida	81	75	.519	7½
Atlanta	69	88	.439	20
Washington	58	98	.372	30½

CENTRAL DIVISION

	W	L	PCT	GB
x-Chicago Cubs	94	60	.610	—
Milwaukee	85	71	.545	10
Houston	82	73	.529	12½
St. Louis	80	75	.516	14½
Cincinnati	73	83	.468	22
Pittsburgh	65	91	.417	30

WEST DIVISION

	W	L	PCT	GB
L.A. Dodgers	81	75	.519	—
Arizona	78	77	.503	2½
Colorado	71	85	.455	10
San Francisco	70	86	.449	11
San Diego	61	95	.391	20

(w — teams currently holding wild-card spots; x — clinched division title; y — clinched playoff spot)

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Cleveland 4 Boston 3
Kansas City 6 Detroit 2
Tampa Bay 4 Baltimore 2
Oakland at Texas
L.A. Angels at Seattle

NATIONAL LEAGUE

Cincinnati 7 Florida 5
Philadelphia 6 Atlanta 2
Chicago Cubs at N.Y. Mets
Arizona at St. Louis

TODAY'S GAMES

AMERICAN LEAGUE

Tampa Bay at Baltimore, 5:05 DH
Cleveland at Boston, 7:05
Kansas City at Detroit, 7:05
N.Y. Yankees at Toronto, 7:07
Oakland at Texas, 8:05
Chicago Sox at Minnesota, 8:10
L.A. Angels at Seattle, 10:10

NATIONAL LEAGUE

Atlanta at Philadelphia, 7:05
Chicago Cubs at N.Y. Mets, 7:10
Florida at Washington, 7:10
Cincinnati at Houston, 8:05
Pittsburgh at Milwaukee, 8:05
Arizona at St. Louis, 8:15
San Diego at L.A. Dodgers, 10:10
Colorado at San Francisco, 10:15

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	8	4	0	16
Winnipeg	4	8	0	8
Toronto	4	8	0	8
Hamilton	2	10	0	4

WEST DIVISION

	W	L	T	PTS
Calgary	8	4	0	16
Saskatchewan	8	4	0	16
Edmonton	7	5	0	14
B.C.	7	5	0	14

WEEK 14

FRIDAY'S GAME

Edmonton at Winnipeg, 8

SATURDAY'S GAMES

Calgary at Toronto, 7
Hamilton at B.C., 10

SUNDAY'S GAME

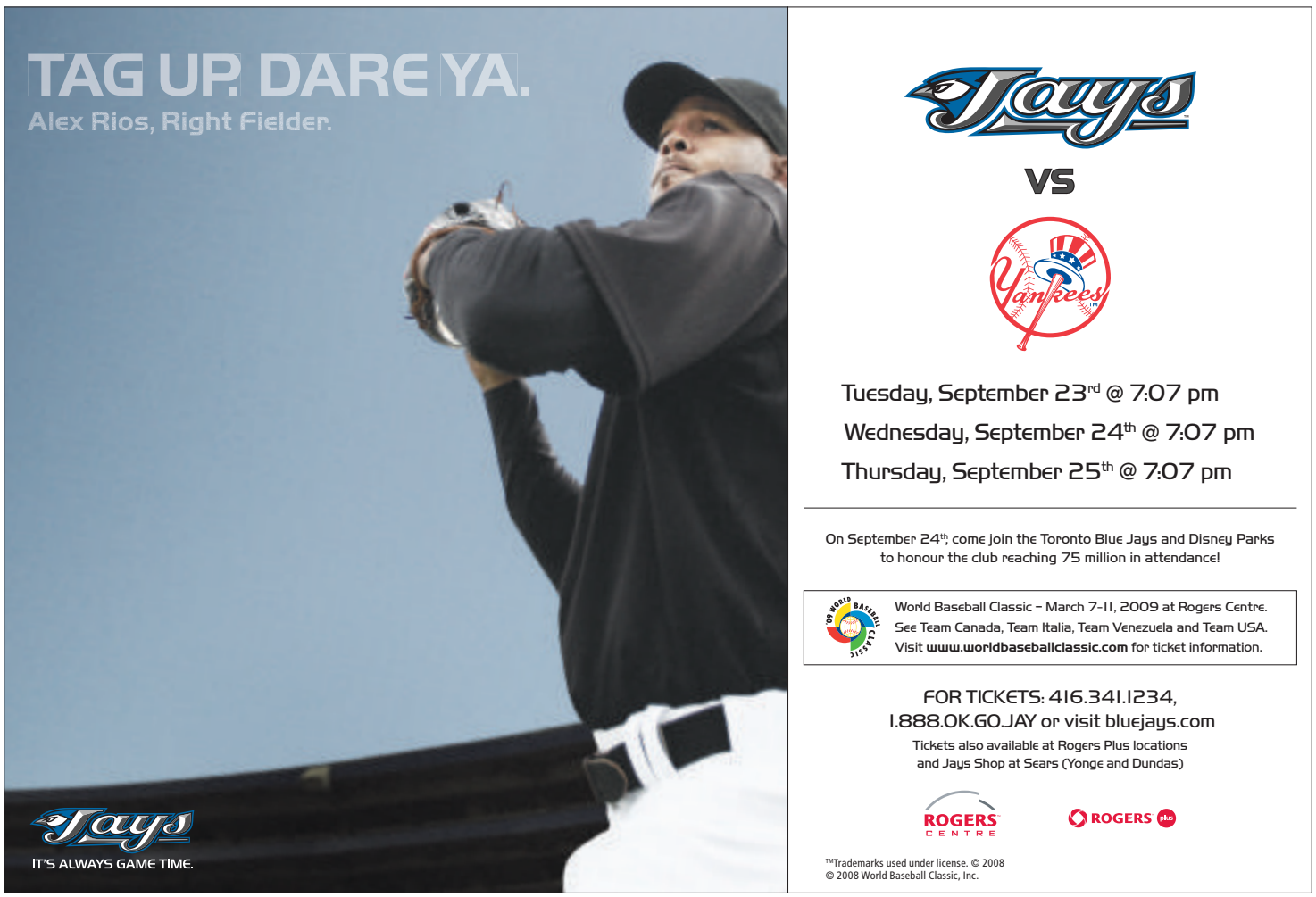
Saskatchewan at Montreal, 1

NFL

WEEK 3

LAST NIGHT'S GAME

N.Y. Jets at San Diego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Carmona, Sheffield suspended for brawl

Cleveland pitcher Fausto Carmona was suspended six games and Detroit slugger Gary Sheffield was penalized four games yesterday for their brawl last week. THE ASSOCIATED PRESS

The aliens have landed

Las Vegas 51s named as Blue Jays new triple-A affiliate

When the music stopped, the Blue Jays found themselves partnered with Sin City.

At least they still had a chair to sit in.

With their oft-rocky, 31-year relationship with the Syracuse Chiefs at an end, the Jays' top minor-league affiliate, for at least the next two years, will be the Pacific Coast League's Las Vegas 51s.

They call themselves the 51s after Nevada's infamous Area 51, the U.S. military site that may, or may not, know a thing or two about aliens and UFOs.

It'll be a relationship arrived at by default and rather reluctantly — by both sides. You don't even have to read between the lines in comments during yesterday's official announcement.

"It is what it is," said 51s president Don Logan. "Obviously there are a lot more Dodgers fans here than Blue Jay fans … but we're going to try to do some more things promotionally and we want to grow the business."

Representing the Jays in Vegas was director of player development Dick Scott.

"We're excited about it and think it's going to be a good fit," Scott said. "I don't want it to appear like there was nobody left and we had to pair up with each other. … We're going to make the best of it."

Fact is, there was nobody left once Syracuse, which last made the International League playoffs in 1998, officially confirmed yesterday it was switching allegiances to the Washington Nationals.

Syracuse had badly wanted the New York Mets, previously in New Orleans, but the Mets, in what long seemed to be a slam-dunk in this game of musical chairs, opted for Buffalo.

The Cleveland Indians ended a successful 14-year affiliation with Buffalo only because of a chance to move to Ohio capital Columbus, home to the Nationals the past two seasons.

The Jays had coveted Buffalo but that wasn't going to happen, in no small part because another Toronto/Buffalo connection (the football Bills) might've been too much for an already resentful citizenry.

Earlier, too, the Dodgers had made it known they were leaving Las Vegas for a return to Albuquerque, N.M., previously affiliated with the Florida Marlins.

The Marlins, who had people visit New Orleans Friday and Syracuse Saturday, promptly got back to New Orleans once Syracuse settled on Washington.

Which, if you follow, left the Blue Jays and Las Vegas.

This will cost the Jays, not only in the airfares it will take to move players between Toronto and Vegas (as well as between Vegas and double-A New Hampshire), but also in the time it will take players to make those moves. Syracuse, for instance, had been a four-hour drive.

"If we need a call-up now, it'll take an extra day, there's no doubt," said Jays president Paul Godfrey.

"Ideally, you want your triple-A franchise relatively close to your major-league site but the world doesn't always work in ideal situations. We're happy nonetheless … pleased this issue is finally settled."

TORSTAR NEWS SERVICE

Swap meet

MLB team	Former Affiliate	New Affiliate
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Los Angeles Dodgers	Las Vegas	Albuquerque
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Taylor's injury-free streak to end at 133

A calf injury will end Washington Redskins defensive end Jason Taylor consecutive games streak at 133, the seventh longest among active players. He hasn't missed a game since 1999, early in his career with the Miami Dolphins. THE ASSOCIATED PRESS

Texas Crazy Horse kicking himself over loss

The scars have healed from heavyweight Heath Herring's last fight but the disappointment remains.

"When I have a bad day, everybody knows about it," said the mixed martial arts fighter known as The Texas Crazy Horse. "And you don't get to do it the next day over. You have to wait a couple of months or six months."

Adding to the sting is the fact that Brock Lesnar, the man who beat him at UFC 87 on Aug. 9 in Minneapolis, is now part of a four-man UFC heavyweight championship tournament that Herring will have to watch from the sidelines.

Couture's fight

- At the beginning of the month, Randy Couture signed a new three-fight deal that will keep him in the UFC for at least three more fights and put to rest a legal battle over Couture's right to fight for other promotions.

Lesnar is set to take on current champion Randy Couture on Nov. 15 at UFC 91 in Las Vegas while former title-holder Frank Mir and interim heavyweight champion Antonio Rodrigo Nogueira — he earned the "interim" belt while Couture was battling the UFC in court over his contract — meet Dec. 27.

The winners will then square off to decide who really is the best big man in the UFC.

"I'm pretty disappointed that I'm not in it, to be honest with you," Herring said. "Other than that I think it's a great idea."

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Shockey out up to 6 weeks with hernia

NFL New Orleans tight end Jeremy Shockey will undergo sports hernia surgery this week, keeping the Saints' new offensive target out three to six weeks, the team confirmed yesterday.

Jeremy Shockey

Shockey, acquired in the off-season from the New York Giants in exchange for second- and fifth-round draft choices in 2009, has recorded 16 catches for 151 yards in New Orleans' first three games this season. The 28-year-old aggravated the injury against the Denver Broncos on Sunday, when he finished with eight receptions for 75 yards.

Westbrook listed as day-to-day

NFL Philadelphia Eagles head coach Andy Reid listed star running back Brian Westbrook as day-to-day with a strained right ankle yesterday afternoon press conference.

Westbrook left Sunday's 15-6 win over Pittsburgh after suffering the injury on the first play of the second quarter. He stumbled while trying to hurdle a fallen teammate, and twisted his ankle slightly on the landing. Westbrook left the field and did not return, finishing with 12 yards rushing on five attempts.

Sports in brief

SUPER BOWL General Motors Corp. said yesterday that it will not air a TV advertisement during the 2009 Super Bowl. GM will remain a sponsor of the National Football League and will likely air ads before and after the game but said it will not be buying ad time during the actual event — pegged this year at $3 million for a 30-second spot.

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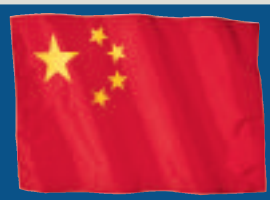
U of T launches research website

The University of Toronto launched its Experience Research website recently. The vibrant site includes six portals focusing on research in environment, health, society, arts and culture, science and technology, and business. METRO NEWS SERVICES

Workology



China enrolment

Foreign student enrolment is increasing significantly in China. Between 1997 and 2007, the number of international students attending Chinese universities jumped from 39,000 to 195,000. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Hook women and the men will follow

Small Business

BRIAN COULTON
for Metro Canada

What do women want? It's a question pondered by Romeos and CEOs alike, but finding an answer is a feat that men (this author included) can equate to rummaging for the clichéd needle in a haystack.

Not so for Anna Von Frances. Her key to knowing what women want is ignoring the guys. "It's mostly girls here and we think about what girls like. The last time I checked, boys like girls so as long as I keep it focused on them, I'm kind of gold, right?"

> **"The last time I checked, boys like girls so as long as I keep it focused on them, I'm kind of gold, right?"**
> Anna Von Frances

Von Frances is the "Don" of Pink Mafia; two words not commonly found side-by-side, but unerringly representative of what the company does. Pink Mafia is the country's only "all-female" promotions company, according to Von Frances, specializing in music and entertainment parties, publicity initiatives, and talent management.

While Von Frances says the Toronto-based company is a "voice for women," she hesitates applying a strong pro-feminine label to Pink Mafia, fearing stereotypical feminist associations.

"I get a little dicey talking about 'by girls for girls' because it's sort of like saying, 'I don't shave my armpits, I go to Lilith Fair and I listen to Ani DiFranco on repeat,' which is not what we're about at all," she says.

But Pink Mafia's female strength is also one of its greatest barriers. "I don't have any mentors. I don't have a girls' club to go back to. This is it. I've got to be in the boys' club every day," Von Frances says. If her clients don't want to work with women or choose to talk down to them, she says they can. "To a large extent, it's something you sort of laugh at then move along."

Von Frances herself found opportunity when she moved on from MuchMusic, where she worked in publicity. Bored by the slow pace she says is typical of large companies, Von Frances decided to throw a party she says everyone loved. When her Much contract expired, she didn't renew it, and Pink Mafia was born.

PHOTO SUBMITTED

Anna Von Frances started Pink Mafia after leaving MuchMusic.

Today, Von Frances says Pink Mafia finds success in their meticulous approach to party planning. "You know you're at a Pink Mafia party when all the details are taken care of. The servers never run out of napkins, you're always well stocked with beer and there's toilet paper in the bathroom."

While the personal touches may seem minute, Von Frances says they're what determine a good or bad time.

Lunch breaks shorten, survey of execs shows

Could the "lunch hour" be facing extinction? According to a recent survey, executives polled said their average lunch break is 35 minutes — seven minutes less than what they reported five years ago. Managers also admitted they work through lunch more than half of the workweek.

The survey was developed by OfficeTeam, a leading staffing service specializing in the placement of professionals.

Executives were asked, "What is the average length of your typical lunch break?" The mean response was 35 minutes, compared to 42 minutes in 2003.

"In today's 24/7 workplace, a lunch break often takes a back seat to e-mails, phone calls, meetings and pressing deadlines," said Dave Willmer, executive director of OfficeTeam. "Many people are doing more work with fewer resources and, therefore, putting in more time at their desks. Some may also be working across time zones and forgoing lunch breaks to accommodate their colleagues' schedules."

But Willmer cautioned that professionals need time away from their desks to recharge and remain productive. He added, "Managers set an example for their staff. If they don't take a break for lunch, their employees may feel inclined to do the same."

Here are some tips for taking back the shrinking lunch break:

- Plan your day. Schedule your break to fall between projects, if possible, and set morning deadlines for important tasks so you can relax over lunch.
- Schedule lunch with colleagues. During a busy period, change a team meeting to a working lunch outside the office. The time away will improve your energy while maintaining productivity.
- Book an appointment. Block off your online calendar so co-workers don't schedule calls or meetings during that time. Be flexible, though, if there are no other options.
- Step away from the desk. If you are unable to leave your building for lunch, take a walk around the office. If possible, eat in the lunch room or break area with colleagues.
- Put work aside. If you have to be near your computer or phone, face your chair away and do a non-work activity.

METRO NEWS SERVICES

working through

- Survey respondents also were asked, "How many days each week, on average, do you work through lunch?" The mean response was three days.

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McMaster opens Ron Joyce Stadium
Last Saturday, McMaster University held a grand opening for its Ron Joyce Stadium. The 6,000-seat stadium will host training sessions, as well as professional and recreational athletic events. Local community sports teams will also compete at the stadium. METRO NEWS SERVICES

Boss work lonely, combative for men

RAFAEL BRUSILOW
for Metro Canada

Men and younger employees in positions of authority experience much more interpersonal conflict in the workplace, a new study suggests.

The study, conducted by Scott Schieman, a sociology professor at the University of Toronto, documented workers in all sectors and job industries across the Canadian economy to reveal direct links between power and conflict in the workplace.

The bottom line: People in charge face resistance from colleagues, endure workplace and career sabotage and generally butt heads with co-workers far more often than employees without as much managerial power.

"People with more job authority report much more interpersonal conflict at work. A lot of it springs from bad personal relationships in the workplace, particularly negative experiences between supervisors, managers, customers and clients," Schieman said.

The study found one of the biggest reasons for the increase in conflict among people in positions of authority was an increase in responsibilities, which made conflict much more likely if things don't get done right.

"It's almost the downside of power — there's a lot more riding on your shoulders. Having authority means you're responsible for the actions and results of others, so often that can lead to conflict because when things go poorly, it always comes back to you," Schieman said.

Men encountered more personal conflict in the workplace than women, recent studies show.

The study also found younger workers in positions of authority were much more likely to experience conflict than older ones. Schieman says there are several possible reasons for this, though pinning a cause down would take further study.

"It could be that people don't see younger workers as legitimate holders of power. Another theory is that young men are particularly combative, but there have been very few studies that have fleshed that theory out," Schieman said.

"There's almost an unspoken rule about what age people should have power — it's more acceptable for older workers to have power so when they gain authority, they may tend to encounter less resistance," Schieman said.

Women in the study reported significantly fewer incidences of conflict than similarly-positioned men and the study did show that women tended to place a higher value on good relations at work whereas men tended to focus more on pay and advancement. Schieman believes that perceptions and stereotypes of women's roles and duties in the workplace might also play a larger role as well.

"There are a lot of gender stereotypes that revolve around leadership and power. As gender roles change, things might change over time," Schieman said.

Reverse-ageism

- Reverse-ageism seems to also play a factor, as older workers tend to be seen as more deserving of authority and power — a view that certainly plays into the recent issues surrounding Republican vice-presidential candidate Sarah Palin and questions about her appropriateness for the position.

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Algonquin College students hit by debit card fraud

More than 20 Algonquin College students had money stolen from their bank accounts after a debit card reader at a campus cafeteria was tampered with and then stolen. METRO NEWS SERVICES

Students take on environment

TAGHREED SAADEH
for Metro Canada

Students at 12 university campuses across Canada are trying to protect the environment. Known as the TD Friends of the Environment Foundation (TD FEF) Campus Motivators, these students are part of a pilot program designed to encourage youth to make their schools and local communities more environmentally-friendly.

"Many students want to contribute to making the environment a better place, but they don't know where to start or don't have the means to begin," said Rufaro Mudimu, with the TD Friends of the Environment Foundation Campus Motivators program at York University. "Through the Campus Motivator program, TD FEF is equipping students with the means and support to get other students started.

"The avenues I am using to connect with individuals include Facebook, York University residence authorities, student groups, existing environmental groups on the York campus and different departments on campus and via e-mail."

"My main focus is on sharing information and tips that are applicable to students, such as letting students know about local initiatives that need volunteers, buying, using and storing green bags; how to calculate personal ecological footprints and other ways to get involved in the green community," Mudimu added.

The program also builds a network of environmentally-conscious people and collaborates with other schools to implement new programs.

"The goal of our new Campus Motivator program is to build awareness among youths who are interested in protecting the environment and make them more engaged," TD FEF executive director Mary Desjardins said.

"We have been protecting the environment for 18 years and the student community plays an important role. In this program we have 12 campus motivators who are passionate about the environment and were trained to make a positive change on their campus," she added.

Desjardins urged students to participate in the 10,000 Go Green Challenge, a competition that invites student teams to submit an essay outlining an idea or proposal that has a positive environmental impact on a community. Prizes will be given to the top four teams.

Based on the outcome of the program at the end of the year, Desjardins said that other universities across Canada might become a part of the program.

Since 1990, TD FEF has provided $45 million in funding to more than 17,000 grassroots environment and wildlife projects across Canada. In 2007, TD FEF provided $3 million in support of 830 projects.

Wide reach

- As well as York University, there are 11 other universities across Canada involved in this program including the University of Western Ontario, the University of Toronto, Queen's University, the University of Guelph and Wilfrid Laurier University.

PHOTO SUBMITTED

Rufaro Mudimu is a member of TD Friends of the Environment Foundation Campus Motivators at York University.

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Screening for Down syndrome expanded
Is Canada heading toward the eradication of Down syndrome? All pregnant Canadian women, not just those over 35, are now being offered early testing for the genetic abnormality that can cause intellectual and physical delays. TORSTAR NEWS SERVICE

Health

Drink fewer...

One soft drink a day — even the sugar-free kind — jacked up blood pressure risk by 18 per cent, according to a 2007 study published in Circulation. Its author, Harvard Medical School instructor Ravi Dhingra, says the high caramel content in some soft drinks may promote blood vessel inflammation, which in turn increases blood pressure. High caffeine and taurine levels in energy drinks are also known to elevate heart rate. BEST HEALTH MAGAZINE/BESTHEALTHMAG.CA

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Troubled teenage females are twice as likely to have sexual intercourse.

At-risk girls twice as likely to have sex

STUDY Girls with behavioural problems from low-income neighbourhoods are twice as likely as their female peers to have sexual intercourse in early adolescence, a new study suggests.

Young teenage girls with a history of problems and who come from underprivileged areas may have sex before they're ready because they're influenced by deviant peers and older male friends, the researchers say.

The study by researchers from l'Universite de Montreal, the University of New Brunswick and Tufts University was published in the latest issue of the journal Child Development.

"It's really the double risk — having a problematic history and coming from a low-income area," said lead author Veronique Dupere. TORSTAR NEWS SERVICE

Asthma, allergies peaking

Patients inundate doctors' offices in mid-September

CELIA MILNE
for Metro Canada

Are you or your kids sniffling and wheezing this week? If you are, you are part of a huge worldwide trend.

The second half of September is the worst possible time of year for allergies and asthma.

"Every year on the 17th or 18th day of school, there is a peak in the number of kids hospitalized by asthma," says Dr. Mark Greenwald, a Toronto allergist and chair of scientific and medical advisory committee of the Asthma Society of Canada. An astonishing 25 per cent of all hospitalizations for asthma occur in this period, he adds.

Why is September so intense for allergies and asthma?

There are several reasons. First of all, seasonal allergies from plants are always bad this month. And this year, we had more than the usual number of rain storms, which broke up and activated pollen particles, so there are more particles to be inhaled. Secondly, in July and August, when people feel well and aren't wheezing, they tend to stop taking their asthma medication, even if they are supposed to be taking it as a preventative. This makes them vulnerable to getting their asthma back when they re-enter school and work. The third thing is, when kids go back to school, they touch, they share and the first colds are passed around.

THE CANADIAN PRESS PHOTO

"This all happens bang on when ragweed is the worst," says Dr. Greenwald. "It's the perfect storm."

Allergists' offices are inundated with patients right now. "I'm already seeing it," said Dr. Greenwald. "And it's building to a peak."

Typically, the peak for adults is about a week and a half after the children are sick, as they have caught colds from their kids.

If you have bad allergies, you should get a referral to an allergist, suggests Dr. Greenwald. The trouble with over-the-counter medications such as anti-histamines or eye drops is that they may relieve the symptoms, but they don't reverse the actual allergy. "That might work for a couple of years. Then, your allergy gets worse and you have to double the dose. Finally, it is so bad you have to go see your doctor," predicts Dr. Greenwald.

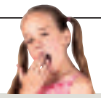
He suggests seeing a specialist before that happens. "Get in young, early and mild, before you have to fight hard," he says. Allergies that are allowed to get worse can ultimately turn into asthma.

Allergy vaccines (or what are commonly known as "allergy shots") have the potential to actually reverse allergies, so that asthma doesn't develop. "Proper treatment of allergies can prevent asthma," says Dr. Greenwald.

THE LUNG ASSOCIATION PHOTO

September is the worst time for asthma flareups in children and a good time for parents to keep a close watch on their asthma. Left, inset: This is also the beginning of ragweed season — creating what Dr. Mark Greenwald, an allergist, calls "the perfect storm."

"Every year on the 17th or 18th day of school, there is a peak in the number of kids hospitalized by asthma."
Dr. Mark Greenwald, a Toronto allergist



Help kids manage stress

Routines are important to your child's level of comfort. Set a bedtime, homework time, sharing time, play time and down time. Try to keep to the schedule as much as possible. SOURCE: CONCERNED CHILDREN'S ADVERTISERS

Monkeying around politics

A rise to power on the campaign trail versus in the jungle

The J Spot

Josey Vogels

Sex talk with Josey

In the jungle, female chimpanzees never rise to power. Which is why the current rise of female politicians like Hillary Clinton, Sarah Palin to the south and Elizabeth May here at home is so fascinating.

Before you think I'm trying to put lipstick on a monkey or implying that any of these women are apes, hear me out.

According to Dr. Frans de Waal, noted primatologist author of Our Inner Ape, when you're a chimpanzee, achieving power is all about sex.

"A male can increase his reproductive success by having access to as many mates as possible," De Waal tells me over the phone from Atlanta, Ga., where he is professor of Primate Behaviour at Emory University. "It's not the same for females. Because they can only have one baby every six years, promiscuity doesn't increase her chances for reproduction."

But while female chimps do not rise to power, female Bonobos on the other hand rule collectively. They band together to dominate males.

For woman to be successful they need to have female support, says De Waal. With someone like Hillary Clinton, who is past her reproductive years, this is easier as she is no longer competition to younger women still needing access to males to reproduce.

"We react to people on a very primal level. We're probably more influenced by how someone touches someone than what they have to say."
Dr. Frans de Waal, primatologist author

"(Republican vice-presidential nominee) Sarah Palin surprises me because of her age," says De Waal. "I'm curious to see what will happen. My guess is that women will see her as competition if men find her sexy."

When I wonder what he makes of Green party Leader Elizabeth May's recent power coup here in Canada muscling her way into the leadership debate, De Waal says this was probably tolerated because, ultimately, she is not seen as a threat.

It will be interesting to see how the increasing number of women on the power playing field will play out. When males, be they chimps or men, compete for power their body language conveys physical dominance. They stand tall and puff their chests out. How is that going to work with a female politician next to you?

"When (Democratic vice-presidential nominee Joe) Biden debates Palin, will he use his seniority and experience to humiliate her?" wonders De Waal.

"As a society, we don't generally approve of older men humiliating younger women so will he have to be nicer to her than he would a male politician?"

According to the laws of the jungle, it may not fly.

But we're no longer in the jungle, you say. And politics should be about the issues, not gender.

As someone who studies gender and behaviour, De Waal begs to differ.

"The issues or positions are actually secondary," he argues. "We react to people on a very primal level. We're probably more influenced by how someone touches someone than what they have to say."

So, when you watch the Canadian leadership debates on Oct. 1 and 2, you might want to consider turning off the sound.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

JUSTIN SULLIVAN/GETTY IMAGES

FRED CHARTRAND/CP PHOTO

DAVID PAUL MORRIS/GETTY IMAGES

Contrasting the current surge of women politicians, in the jungle, female chimpanzees never rise to power. Clockwise from top: Republican vice-presidential nominee Sarah Palin, U.S. Senator Hillary Clinton and Green party Leader Elizabeth May.

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TORSTAR NEWS SERVICE FILE PHOTO

Bottled water is losing favour among the eco-conscious.

Making it cool to quaff tap water

From **Best Health Magazine** on newsstands now
besthealthmag.ca

Plastic bottled water has become the next SUV: It's going out of favour among eco-conscious consumers.

There's a movement among municipalities in countries fortunate enough to have clean running water to promote the consumption of tap water as cheaper and more eco-friendly than bottled water. For example, Chicago has a bottled water tax and San Francisco bans the use of public funds to purchase it.

In Canada, students are creating bottle-free zones on university campuses and the United Church of Canada has called on its members to boycott bottled water.

London, England, is going even further in giving tap water a makeover: Its saucy "London On Tap" campaign consists of a competition for a designer carafe, complete with celebrity judges.

The winning entry will be on tables at the city's trendiest restaurants, bars and hotels by next April. Cheers to that!

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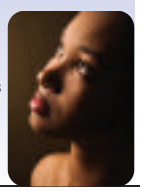

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TARA WALTON/TORSTAR NEWS SERVICE

Kari Crawford holds week-old Andrew during a Sept. 21 session at the Newman clinic.

Breastfeeding clinic needs funds

Centre of 'last resort' for 2,400 mothers a year makes appeal to public

A renowned Toronto clinic that has helped thousands of mothers successfully breastfeed their infants is pleading for financial help to keep its doors open.

The Newman Breastfeeding Clinic & Institute, which sees about 2,400 mothers per year and is a popular resource for educators and health-care professionals, has been financed privately by a family foundation since 2005.

On Sept. 30 that arrangement will end, clinic founder and pediatrician Dr. Jack Newman said this week. The clinic will only be able to operate for a couple of months without more money. Newman is prepared to use his own savings, but only for a little while.

"We tend to be the place of last resort for mothers who aren't able to find help from other clinics or from private lactation consultants or public health nurses," he said. "This will mean a lot of those mothers are not going to make it through" breastfeeding.

Kari Crawford, 30, of Markham is among the many new moms who have turned to the clinic for emotional and practical support. Her son Andrew, born a week ago by Caesarean, had trouble breastfeeding, which became more difficult after he was fed by bottle in hospital.

"(This clinic) makes me see there's light at the end of the tunnel."
Kari Crawford, mother

Overwhelmed by frustration and conflicting opinions, Crawford sought help at Newman's clinic on her sister's advice. Yesterday, during her second visit and with the help of clinic co-founder Edith Kernerman, her son latched on for his most successful stint yet.

"I just assumed it was going to be natural, but no," said Crawford. "I'm happy, it makes me see there's light at the end of the tunnel."

This isn't the first time Newman has faced financial obstacles in his crusade to champion breastfeeding. He began running clinics from hospitals in 1984 but three years ago was forced out as a result of government budget cuts to health care.

That was when the family foundation came forward, enabling Newman and Kernerman, a lactation consultant and educator, to set up shop in rented premises at the Canadian College of Naturopathic Medicine, on Sheppard Ave. E. in North York.

That arrangement is also in doubt because the college is growing quickly and needs the space back.

In the meantime, demand for Newman's services has increased. Groups like the World Health Organization and the Canadian Pediatric Society recommend breastfeeding for at least the baby's first year. And increased public awareness about the importance of breastfeeding to a child's nutritional, emotional and social well-being means more pregnant women now plan to nurse their babies.

TORSTAR NEWS SERVICE

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Controversial autism study
A government agency in the United States has dropped plans to test a controversial treatment for autism. THE ASSOCIATED PRESS

Find the right bra

Experts suggest getting fitted once a year

From **Best Health Magazine** on newsstands now besthealthmag.ca

Bras that pinch, slip and cause bulging have no place in your wardrobe.

"Most of my customers who haven't been fitted before are wearing the wrong size bra," says Devica Bhairo of Diva Lingerie in Winnipeg. Your bra should feel like a second skin; you shouldn't be conscious of it.

The matter of a bad bra may not seem like such a serious issue, but a poorly fitted one can cause back and shoulder pain from the weight of your breasts pulling on the muscles of your shoulders, neck and lower back. With a proper fit, the parts of the bra with the most stress will be the back, the sides and the triangle in the middle.

Bra experts suggest being fitted or re-checking your size once a year. Obviously, pregnancy or weight loss or gain — even as little as five to seven pounds — can make a difference to your bra size, causing your cup or band size to go up or down. But even if your weight hasn't changed, sometimes it shifts, for example when you're premenopausal or have started a new fitness routine that bulks up your back muscles, according to Liliana Mann, owner of Linea Intima stores. Even if your cup size stays the same, you might need a bigger band.

Some women even have bras to wear during their menstrual cycle. Breasts that swell can go up a full cup size, says Mann.

Your bra fits when the back sits level along the same line as the bottom of your breasts, the underwire covers the side of your breasts but doesn't pinch, and the triangle lies flat against your front.

TORSTAR NEWS SERVICE FILE PHOTO

Weight loss or gain — even as little as five pounds — can make a difference to your bra size.

How to measure yourself

To determine the number of your bra (whether you are a 34, 36 or 38, for example), wrap a measuring tape tightly around your torso, under your breasts. For cup size, loosely wrap the tape around your torso at the fullest part of the bust. The difference between the two measurements is your cup size: One inch equals one cup size. (So, a one-inch difference is an A, a two-inch is a B, and so on.) But this is only an indication. Says bra-fitting expert Liliana Mann: Measurements don't take into consideration breast shape, or that left and right breasts can vary by a half a cup to a full cup size.

Best Health is on newsstands now. For more, go to besthealthmag.ca.

Pointers for a perfect fit

- The triangle of your bra should lie flat; if not, the cup is either too small or the band size is too big.
- Raise your arms. If your breasts slip under the cup, you need a bigger cup.
- If the underwire pinches under your arms, you need a smaller cup.
- If the underwire presses into your breast tissue, you need a bigger cup.
- The back of your bra should be level with the bottom of your breasts. If it is riding up, you need a smaller band or a bigger cup.

BEST HEALTH MAGAZINE

Heated seats may affect male fertility

CELIA MILNE
for Metro Canada

RESEARCH Although heated car seats are luxurious, they come with a big "but" for men. All that heat on his testicles could diminish his chances of becoming a daddy.

Researchers at Justus Liebig University Giessen in German tested the effects of heated car seats in 30 male volunteers. They found that 90 minutes on a heated car seat led to a significant increase in men's scrotal temperature.

It has been shown in previous studies that heat on the testicles can affect the quality of a man's sperm.

Although the German study was small and therefore not conclusive, it raises the possibility that if a man used a heated car seat repeatedly over time, he could have reduced fertility. The study was published in the journal Fertility and Sterility in August 2008.

Researchers tested the effects of heated car seats in males. Findings showed exposure could increase men's scrotal temperature.

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These symptoms above are some of the most common signs of toxic overload, and detoxing once or twice a year is often recommended as a solution. In a recent study of 116 women in the UK, 70% were satisfied or very satisfied with the results from their Biofirm detox.

I unjunked my body!

Lina works in the fitness industry in Ottawa and recently came across an article on detoxing. Here is her story;

"I was having a hard time losing those stubborn extra pounds and I was tired a lot, which showed in my face. So when I came across a Biofirm story in the local newspaper, it made me curious.

It definitely made sense to me that we get tired and bloated from too many toxins in our foods and from our environment. But I didn't know that it made us gain weight! So I purchased a box of Biofirm and took the recommended 6 tablets a day for a month with lots of water and high-fibre foods. I was determined to unjunk my body!"

I lost 11 pounds on the detox!

"In the first 4 weeks I lost 7 pounds. I definitely felt lighter and my skin was looking great – I was glowing! I had read that it could be unpleasant to take Biofirm but I actually enjoyed it, especially because you are still able to do your daily duties. You don't have to stay home or do it on the weekends.

After the 30 days detox, I wanted to continue, so I bought another 14 days of tablets. Again, I lost another 4 pounds and my clothes were getting very loose! I was thrilled - and the great part is that I didn't have to exercise vigorously for 6 weeks!!"

DETOXING: A GREAT WAY TO START A HEALTHIER LIFE

Everyday, our bodies are exposed to toxins from the air we breathe, the water we drink and especially the processed foods we eat. If our bodies get overburden with toxins, our liver suffers and we start seeing the effect on our health; Our skin is affected, we get tired, we retain water, get headaches, digestion problems, bad breath and find it especially hard to lose weight.

Researchers have now discovered the biological cause of those stubborn pounds; Toxic particles bind water in the bodies' soft tissue and inhibit your metabolism from burning fat efficiently. The Conclusion: To lose weight, you must first cleanse your body!

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Dr. Watson goes to the Law

Jude Law is set to star in Sherlock Holmes as Dr. Watson. The actor is reportedly being lined up to appear opposite Robert Downey Jr. in Guy Ritchie's new movie based on the fictional detective. FEMALEFIRST.CO.UK

Entertainment

Stone's new love

Bridget Moynahan has been cast on Eli Stone as a love interest for the title character. Thus far, the duration of Moynahan's run on the sophomore drama is unclear. TVGUIDE.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Tire may have blown in jet crash

Barker

PROBE The plane crash that left ex-Blink-182 drummer Travis Barker and DJ AM with burns and killed four may have been caused by a tire blowout, BBC News Online reports.

The Learjet left the runway on take-off in Columbia, S.C., on Friday night and crashed on a nearby road. A safety official said that a cockpit voice recording suggested the crew tried unsuccessfully to abort a take-off after hearing a probable blowout.

A doctor has said Barker and DJ AM are expected to make full recoveries.

Studio loses Hari Puttar case

MOVIES A court in the Indian capital Delhi has rejected a lawsuit filed by Warner Bros. against the makers of the Bollywood film Hari Puttar, BBC News Online reports.

The makers of the blockbuster Harry Potter films said the title of the Indian movie was too similar.

The court said Warner Bros. could have brought the case three years ago and said readers could easily distinguish Hari Puttar from Harry Potter.

METRO NEWS SERVICES

Santogold takes control

Former music industry insider blends rock, new wave, punk on debut

BRYAN BORZYKOWSKI
for Metro Canada

For most people in the music industry, working at a major label with other bands is about as close as they'll come to rock 'n' roll glory. But Brooklyn-based Santi White, a former A&R executive for Epic records, wouldn't settle for making other acts famous; she wanted to be in the limelight herself.

"I knew I had to do something more creative," writes White, who plays under the moniker Santogold, in an e-mail. "I didn't have the stomach for all the corporate political bulls–t. I started to get sick every time I walked into the Sony building."

With the daily grind getting to her ("It wasn't about finding amazing new talent, it was about throwing way too much money at P. Diddy's friends," she says), White did the next logical thing for a music industry insider — she wrote her own album.

While her immense talent is the main reason everyone's talking about her debut self-titled disc, it helped that she knew the ins and outs of the music business. "It gave me the experience to know when to put my foot down," she says. "It enabled me to take control of my own project on many different levels, but while it's a lot more fun, it's way harder being on the other side. You don't get to leave the office at 6 p.m. every day."

WARNER MUSIC PHOTO

Santogold's self-titled debut is one of the most infectious rock records of the year.

in concert

- Santogold will be in Toronto tomorrow night for a concert at the Guvernment.

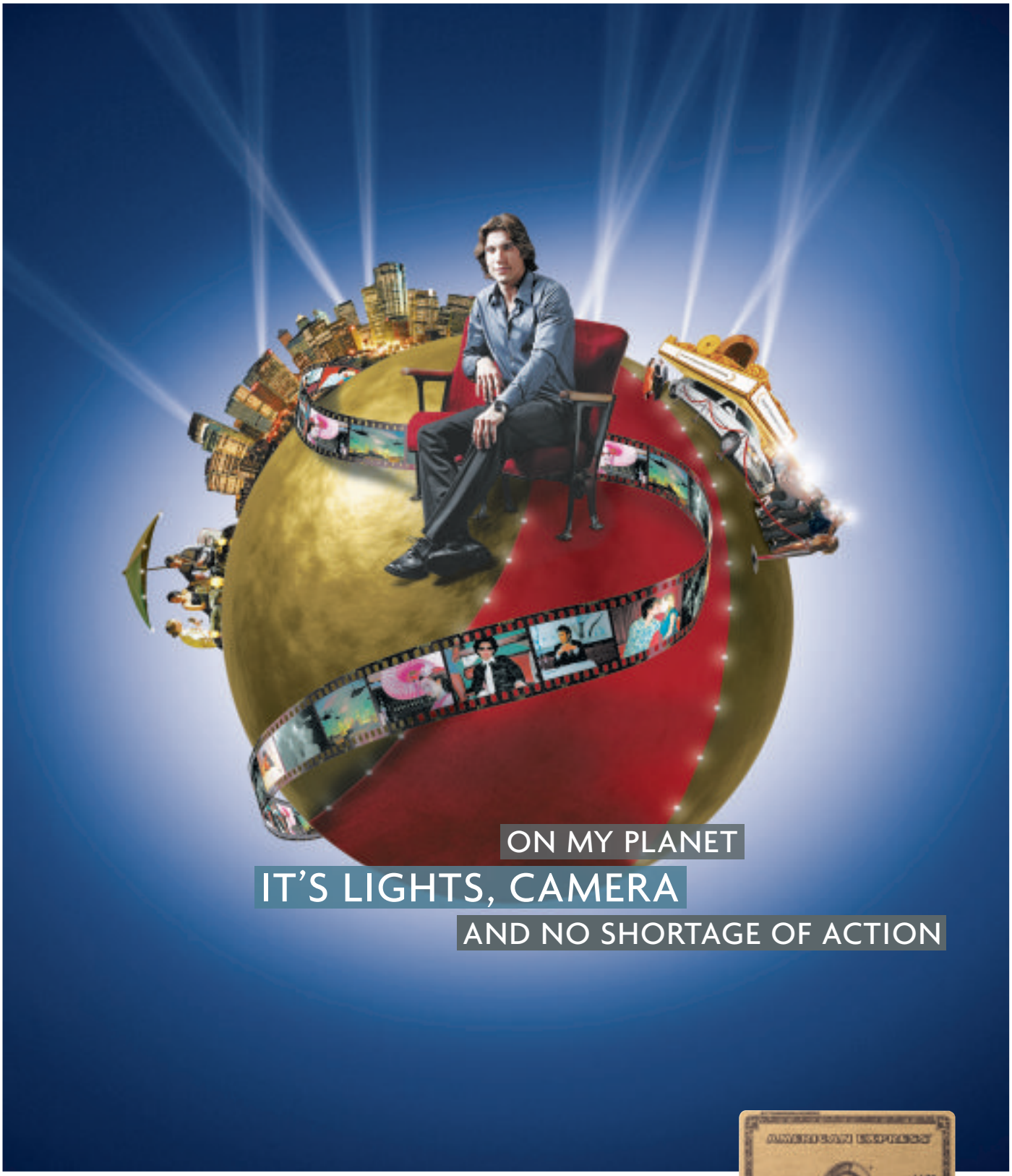
Santogold's not complaining about her 'round the clock gig, it's just that she's one of the busiest new performers around. She's played so many shows, done so many interviews and flown across the world more than a few times that her voice is completely shot, hence our e-mail exchange.

There's a good reason the artist is in such high demand — by blending high-energy indie rock, new wave and dance punk, White's created one of the most infectious rock records of the year. There's the intense club-ready Creator, which combines talkish vocals and wild electronic background noises, and the Stokes-meets-Tegan and Sara opener L.E.S. Artistes. But while the sounds are varied, the album's theme, which is generally about the need for the less fortunate to speak their mind, unifies the record.

"I wanted to write songs that said, 'We're not powerless at all, but we have to make an effort.'" Santogold

"I write about things that are relevant to me, and it's impossible not to be influenced by the current social and political climate that is more than disturbing," she explains. "People feel powerless, and so I wanted to write songs that said, 'We're not powerless at all, but we have to make an effort. We have to use our brains and our voices to have any impact at all.'"

Judging by the enthusiastic response to her music, her messages of empowerment are reaching the masses. Luckily, she's not letting the growing buzz derail her message. "It's been really exciting for me, but I don't pay too much attention to the hype," she says. "I'm just glad that people are into my record and are inspired by what I'm doing. (The album's message) is something people need to hear right now."



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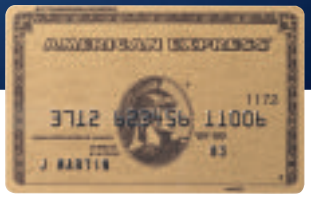

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Downey Jr. to direct Stiller

Robert Downey Jr. is set to direct Ben Stiller in a film about conjoined twins. The actor wants to make the movie in a bid to give Stiller the chance to win the Oscar he craves. FEMALEFIRST.CO.UK

Escape artist

Knightley finds it her duty to take us away

TINA CHADHA
Metro World News

Keira Knightley's career is as dreamlike as the fantasy world she likes to live out on screen.

"It's pure escapism," says the 23-year-old actress about her penchant for doing period pieces. "When I watch films that I'm in, I want to be completely taken away from myself. I want to be in another place, where I'm not worried about the fact that I haven't paid my mobile phone bill. I want to be taken into a fantasy world." Without stopping for air, she adds, "I find that watching period films and reading books set in another time just helps me to escape from my own reality."

Of course, her reality is most people's fairytale. At just 20, Knightley became the third youngest actress nominated for an Oscar for her role in Pride and Prejudice. And any newbie would die for a debut packing as much one-two star power punch as hers. In the span of one year she came out with international hits Bend It Like Beckham, Pirates of the Caribbean and Love Actually, which, as she says in her delicate British accent, "did brilliantly well."

"I've had a ridiculous amount of successes in a very short amount of time, so I think if I can have half of that in the rest of my career I'll be incredibly fortunate," she admits.

"When I watch films that I'm in, I want to be completely taken away from myself. I want to be in another place, where I'm not worried about the fact that I haven't paid my mobile phone bill."
Keira Knightley

Her success has a lot to do with smart decision-making. In Hollywood, where most roles for women are either archetypal wives or girlfriends, Knightley manages to play strong, complex female leads

"I do weed through a lot of shitty scripts, and a lot of rather vapid characters," she confesses.

Her latest, Georgiana, the Duchess of Devonshire in The Duchess, is another fascinating figure. Labelled the Victorian party girl, the real-life Georgiana was a hopelessly idealistic fashion icon longing for true love and to change the political regime. At the same time, she was vulnerable and oppressed — her best friend stole her husband, and the three lived together in the most torturous set up. But instead of viewing Georgiana as a tragic figure, Knightley finds her inspiring.

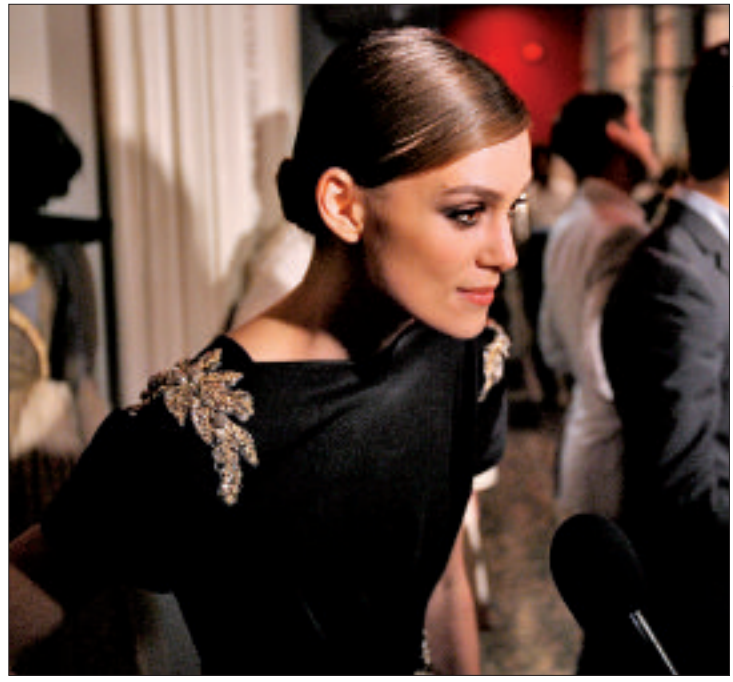
"What happens to her is enough to send most people to the loony bin, and yet she keeps walking forward," Knightley says.

The London native says it's the strength of the character that draws her to a role. "If I think about my favourite characters, I go back to more '40s era characters than the recent ones. Your Bette Davis, your Katharine Hepburn characters — women with incredible wit and just sort of," she pauses to laugh, "fighting women." The chuckle is in response to her own reputation as someone who's not going back down.

Last year, Knightley sued Britain's Daily Mail for running photos of her beside an article about a girl who died from anorexia. And she likes to curse. About wearing one of the huge hats she kept from the film: "Can you imagine? Walking down the street in London … really f---ing subtle that would be," says Knightley who's storing one of the ostentatious bonnets on top of a light stand.

And while we're sure the headstrong actress wouldn't be as naïve as Georgiana, both ladies have their "fashion icon" status in common. Just check Knightley out on the coveted 400-pound September issue of Vogue.

"Fashion again goes back to the escapism," she says. "You can create who you want to be, not who you are. And there's something that's quite fun about that."

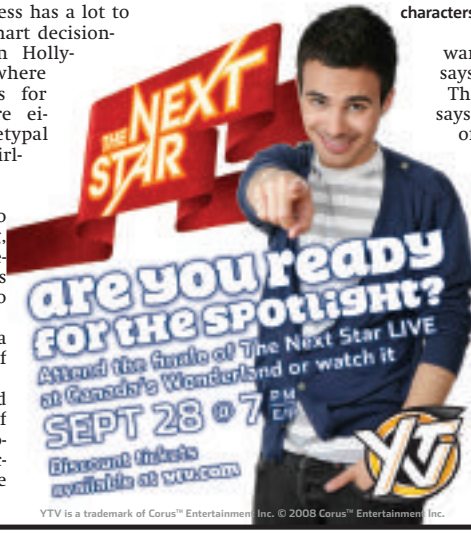


ANDREW WALKER/GETTY IMAGES

Actress Keira Knightley attends The Duchess premiere in New York recently. She says she plays characters in period pieces because she likes to be taken away.

Fighting girl

- For The Duchess, Knightley refused a Photoshop breast enhancement job like the one she spoke out against in the ads for King Arthur.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In brief

HONOUR Malcolm McDowell, who starred in the 1971 film classic A Clockwork Orange, will be honoured with a lifetime achievement award at the 11th annual Savannah Film Festival, which runs from Oct. 25-Nov. 1 in Savannah, Ga.

McDowell

PEOPLE Isaac Hayes has left his estate to his wife, Adjowa, his children and the Isaac Hayes Foundation, which promotes literacy, music and nutrition, according to his will. The will was filed last week in Probate Court. The Commercial Appeal in Memphis reported the value and contents of Hayes' estate hasn't been filed. Part of Hayes' humanitarian work included building a school in Ghana. The soul singer died Aug. 10. THE CANADIAN PRESS

Metallica, Run-D.M.C. have chance at the Hall

Run-D.M.C. could Walk This Way into the Rock and Roll Hall of Fame.

The 1980s rap act, along with Metallica and the Stooges are among the nine nominees for next year's hall of fame class, the Rock and Roll Hall of Fame Foundation announced yesterday.

The other nominees are guitarist Jeff Beck, singer Wanda Jackson, Little Anthony and the Imperials, War, Bobby Womack, and disco and R&B group Chic, the only nominee back from last year's ballot.

The five leading vote-getters will be announced in January and inducted April 4, 2009, in Cleveland.

The ceremony typically has been held in New York but is returning to Cleveland after more than a decade-long absence. Tickets will be made available to the public for the first time.

Grandmaster Flash and the Furious Five opened the door for rap at the Rock Hall as the first hip-hop act to be inducted in 2007. Now, Run-D.M.C., nominated in the first year of its eligibility, has the chance to follow on the strength of rock and rap blends such as the 1986 cover of Aerosmith's Walk This Way and classics like It's Tricky and My Adidas.

Metallica jumped on the heavy metal wave of the '80s and 25 years later is still selling out arenas.

The Stooges, recently given props in the film Juno, get another shot after last appearing on the ballot two years ago.

THE ASSOCIATED PRESS

PAUL HAWTHORNE/GETTY IMAGES

Reverend Run of Run-D.M.C. has a chance to make it into the Rock and Roll Hall of Fame next April.

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Hathaway staying with parents after breakup

Actress Anne Hathaway is sleeping on the sofa in her mother and father's New York home while she looks for somewhere to live after splitting from her boyfriend Raffaello Follieri. FEMALEFIRST.CO.UK

New Bond already sparks reaction

The creative forces behind Quantum of Solace, the upcoming James Bond film, have incurred the wrath of diehard fans with the release of a more modernized theme song — and public displeasure may only grow with the news that all of the super-spy's famous catchphrases have been dropped, imdb.com reports.

The opening track for the followup to Casino Royale, starring Daniel Craig, was unveiled on several British radio stations early last week, but it has been mauled my fans and music critics alike.

Written by White Stripes front man Jack White and singer Alicia Keys, the song, called Another Way to Die, was blasted by one fan as sounding like a "shopping list" of violence.

Another said White and Keys's different singing styles "don't gel" on the track, while music critic Todd Martens added: "The first mistake was mimicking an iconic score with some electric guitars and modern effects, which is always, always, always a bad idea."

Also iconic is the character's line, "The name is Bond, James Bond," as well as his request for his martinis to be "shaken, not stirred."

But movie bosses have cut the lines out of the new film, fearing they may be too old-fashioned for a 21st-century Bond.

"There was a 'Bond, James Bond' in the script," director Marc Foster says. "There are several places where we shot it as well, but it never worked as we hoped. I just felt we should cut it out and Barbara Broccoli and Michael Wilson (the film's producers) agreed, too ... You can always ago back to them later on."

METRO NEWS SERVICES

DVD picks

Sex and the City

Paramount
Director: Michael Patrick King

SEX AND THE CITY smartly picks up the threads the HBO television series left dangling when it signed off four years ago.

All the main players are back: writer Carrie (Sarah Jessica Parker), sex-crazed Samantha (Kim Cattrall), sunny Charlotte (Kristin Davis) and Mensa-minded Miranda (Cynthia Nixon). They're now mature women in their 40s (and beyond) negotiating the rocky shoals of life after singlehood.

Oh, there's oodles to ogle — designer Patricia Field supplies upwards of 300 outfits — and there's even some sex. But SATC is more than just a fan dance around the heavy breathing and rampant consumerism. Serious life issues being worked on result in a chick flick that's as satisfying as a steak and as much fun as a box of chocolates.

The two-disc set extends the film by 12 minutes, with commentary by director Michael Patrick King. There's also a digital copy of the movie, deleted scenes, a "conversation" between Parker and King, and a featurette about the film's fashions.

The Godfather: The Coppola Restoration

Movies: The Godfather, The Godfather II, The Godfather III
Paramount
Director: Francis Ford Coppola

IF YOU THOUGHT there wasn't much more to be said about Francis Ford Coppola's master chronicle of Mafia padrino Don Corleone (Marlon Brando) and his brutal family, here's an offer you can't refuse. There's a whole disc worth of fresh material on this five-disc (four discs in Blu-ray) set, and it's good stuff.

Most of it is devoted to appreciation of The Godfather's vast influence on popular culture and also to the painstaking restoration project.

The Coppola commentaries and disc of extras from the previous DVD boxed set are also included, so you get the extra scenes and other valuable Godfather treasures.

It is hard to overstate the quality of the acting, directing and storytelling for the first two Godfather chapters. Even the lamentable Godfather III, which was rushed into release in 1990 with a half-baked story and incomplete cast, deserves another look, if only to tie up loose ends about Al Pacino's Michael Corleone, the quiet soldier turned ferocious mob boss.

This is also a good time to make the jump to Blu-ray, if you've been debating the switch. The sharpness and colour fidelity are good to the last speck.

TORSTAR NEWS SERVICE

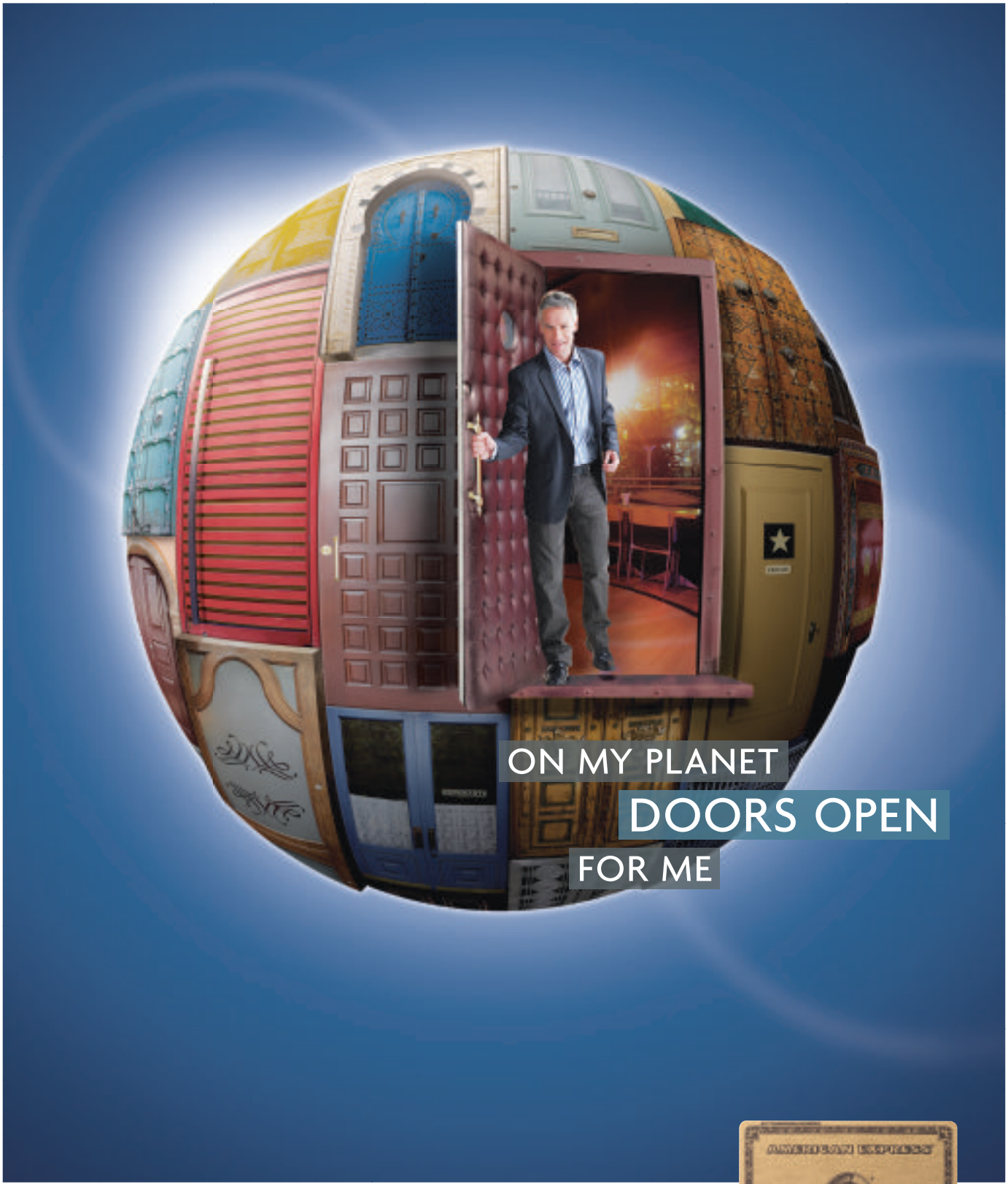
Public lauds revelation of Montgomery suicide

PEOPLE The revelation that beloved author Lucy Maud Montgomery, who wrote the Anne of Green Gables books, committed suicide in 1942 is being lauded for helping generate public discussion on mental-health issues.

Montgomery's battle with mental illness was known for many years, but confirmation of her death by a drug overdose at the age of 67 only came this weekend in an article written by her granddaughter, Kate Macdonald Butler, in the Globe and Mail newspaper. In the article, Macdonald Butler said it's hoped that writing about the issue will result in less secrecy and more awareness of the suffering of people with depression.

Mark Leggott, chairman of the Lucy Maud Montgomery Institute in Charlottetown, said some people posting to a website he operates have been shocked by the news, but most have said they're glad Montgomery can be used to highlight the realities of mental illness.

THE CANADIAN PRESS



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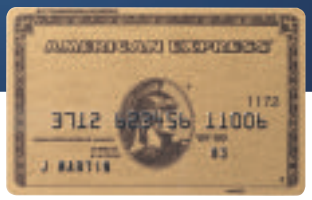

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Cage reunites with director for spooky thriller

Actor Nicolas Cage has signed on to reunite with Gone in Sixty Seconds helmer Dominic Sena for the spooky period thriller, Season of the Witch. E! NEWS ONLINE

Ex-National Ballet director dies at 81

ARTS David Haber, former artistic director of the National Ballet of Canada, has died.

The Montreal-born impresario died Sunday in Houston, Tex., at the age of 81, the dance company announced yesterday.

He was appointed co-artistic director with founder Celia Franca in 1973 before becoming artistic director the following year. He held that position until 1975.

THE CANADIAN PRESS

New book taps Kennedy's editing years

GETTY IMAGES

Jacqueline Kennedy is the subject of a new biography.

Jacqueline Kennedy's years as a book editor, many of them at Doubleday, will be the subject of a Doubleday book coming out in 2011.

Historian William Kuhn is writing an untitled biography about the years that Kennedy worked in the publishing business. It will begin in 1975 with her brief stint at Viking Press and then her 16 years at Doubleday, right up to her death in 1994.

Kennedy's authors ranged from celebrities Michael Jackson and Carly Simon to Nobel laureate Naguib Mahfouz, the Egyptian novelist.

"Her books were a way of revealing the experiences, recollections and passions of a lifetime," Kuhn said in a statement issued yesterday by Doubleday. "In the end she told her own story — her journey as a wife, a mother, esthete, armchair intellectual and unwilling celebrity — through the medium of other people's books.

"My book will mine this critical period in her life, the one in which she became the woman she'd always intended to be."

Kuhn will draw upon "previously untapped archival material" for the book and has conducted interviews with her authors, collaborators and friends from the 1980s and 1990s. THE ASSOCIATED PRESS

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Jackson takes control
Singer Janet Jackson has terminated her relationship with her label, Island Records, her publicist announced yesterday. "Now more than 20 years after the release of her iconic album, Control, Janet will have autonomy over her career, without the restrictions of a label system." PEOPLE.COM

Spider-Man may hit Broadway next year

The much talked about Spider-Man musical might make its way onto Broadway next year, according to Marvel Studios chairman David Maisel.

Tobey Maguire stars as Spider-Man in the big-screen version of the comic book.

The production, based on the popular comic book and movie character, has been in the works for the past three and a half years, Maisel said yesterday at the Thomas Weisel Consumer Conference in New York.

The studio previously announced that it tapped Bono and The Edge of rock group U2 for the show's music and Julie Taymor of The Lion King musical to direct.

Maisel is no stranger to Broadway himself, having worked on Fosse, which won the Tony for best musical in 1999.

The Internet has been abuzz about the web slinger's possible leap to the stage since last year, with casting call notices sparking fervent chatter. A move to Broadway would put Marvel in the company of Walt Disney Co., which has been very successful in extending brands such as Mary Poppins, The Little Mermaid and The Lion King into theatrical productions.

Marvel Entertainment Inc. recently strengthened its financial position by creating its own film studio, which has enabled it to keep more of the revenue from movies based on its popular characters. Last month the New York-based company said its second-quarter profit surged 61 per cent on presales of the movies Iron Man and The Incredible Hulk.

A fourth instalment in the Spider-Man movie franchise is said to be hitting theatres in 2011.

THE ASSOCIATED PRESS

Redhill among judges for Griffin Poetry Prize

• Michael Redhill, a noted Canadian novelist, poet, and playwright and publisher, will be among the judges for the prestigious Griffin Poetry Prize. The English-language award hands out $50,000 to the best book of Canadian poetry and $50,000 to the best book of international poetry published last year. The other 2009 judges are Saskia Hamilton from New York City and Ireland's Dennis O'Driscoll. The shortlisted books will be announced on April 7. THE CANADIAN PRESS

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Dr. McElhone I presume?

Actress Natascha McElhone is to star in a new movie about pioneering doctor James Miranda Barry, a woman who pretended to be a man in order to qualify as a doctor. IMDB.COM

It's HBO Canada, eh

TELEVISION A new channel set to deliver a full slate of HBO series, films and comedies is headed north of the border. Beginning Oct. 30, HBO Canada will be available at no extra charge to people who subscribe to The Movie Network or Movie Central. The channel is being jointly launched by Astral Media and Corus Entertainment. THE CANADIAN PRESS

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Emmy broadcast unsteady

IntelleVision

Rick McGinnis
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NOT SO QUIET DESPERATION: "Love TV and fear the Internet." These were the words director Barry Sonnenfeld pronounced as the music cue rose up and he rushed through the conclusion of his acceptance speech at Sunday night's Emmy Awards, after his win for the pilot of Pushing Daisies.

They are not the sorts of words you hear at a celebration of an industry that is healthy and confident and basking in what it knows for certain is its creative pinnacle.

The tone was unsteady from the start, from Oprah's surprisingly unsure delivery of her opening monologue, to the misfired timing by the show's five hosts just after that, a shambling, awkward routine that that was obviously supposed to play like a parody of unpreparedness, but felt a lot more genuine the longer it rolled on.

At some point, one of the five reality TV show hosts who tag-teamed the night's emcee duties obediently read from the teleprompter, "These have not been easy times in the world of TV — or in the world in general."

It was both true and utterly ridiculous — the industry falling back on its last reserves of self-importance to make their own crisis somehow equivalent to the financial and political anxiety dominating the headlines.

Mad Men ended up taking home just two Emmys, for writing and best dramatic show, and these will doubtless be spun as a groundbreaking victory for the show, creator Matt Weiner and its cable network home, AMC.

The really substantial winners, however, were HBO, who took home a trough full of awards for its historical miniseries John Adams, and Tina Fey, whose wins as writer, producer and actress comprised a coronation of sorts; by the time you read this, comparisons to Mary Tyler Moore will already have become accepted wisdom.

GETTY IMAGES

Comedian Don Rickles

The star of the show wasn't Fey or any of the five hosts, but comedian Don Rickles — who ran roughshod over both the teleprompter and co-presenter Kathy Griffiths, then came back to accept his own Emmy — a relic from a mostly bygone showbiz era whose unsteady appearance masked timing and delivery that were as sharp as ever, and made everyone else on the stage that night seem plodding and inept.

It was inevitable that politics would be conspicuous in an election year, and hardly surprising that they materialized mostly as shots at either John McCain or Sarah Palin. Tommy Smothers mounted the soapbox after accepting an honorary Emmy, massaging the fine self-regard in which Hollywood holds itself with a breathless rant in which he congratulated it for being outspoken and confrontational, and which included the dread, sophomoric phrase "speaking truth to power."

If there was a Barack Obama joke anywhere in there, it must have been in some unbreakable code, woven into the breakneck time signature shifts of Josh Groban's musical medley of TV show themes.

Rick McGinnis writes about music, movies, books and television, but not opera.

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
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	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Opportunity Knocks (N)		Privileged (HDTV) (N)		2Half Men	Role	News (N)
	212	313	8	CTV	eTalk	Hollywood	Law & Order: SVU		Dancing With the Stars (HDTV) (Live)				News (N)
	218	345	11	E!	The Insider (N)	E! News	The Biggest Loser: Families (N)				Fashion Police: Emmy Awards		News (N)
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	-	-	14	-	Cold Case "Superstar"		News (N)		News (N)		2Half Men	King	Cold Case
	213	326	15	SUN	Becker	George Lopez	*Love Thy Neighbor* (2005, Suspense) Alexandra Paul.				To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	NCIS (N)		The Mentalist "Pilot" (N)		Without a Trace (N)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser: Families (N)				Law & Order: SVU		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Opportunity Knocks (N)		Dancing With the Stars (HDTV) (Live)				News
	219	346	20	ACH-B	Robson Arms	TMZ (N)	Old Christine	Old Christine	Fringe		Cold Case		News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	House "Not Cancer" (N)		(9:01) Fringe (N)		Seinfeld	Two-Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (HDTV) (DVS)		American Masters (N)				Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Privileged (HDTV) (N)		CW11 News at Ten		Two-Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Cheers
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two-Half Men	90210 (N)
news	502	390	26	NW	CBC News: Around the World		Canada Votes: Your Turn		CBC News: The National		My Big Fat Diet		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow & Company		On the Money		The Business of Innovation		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	Boxing Jelena Mrdjenovich vs. Lakeysha Williams.				World Poker Tour		Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Ed's Up	Videos	Survivorman		Angry Planet	Surf Patrol	Don't Forget Your Passport		Pilot Guides
	417	406	81	SC	Pinks (HDTV)	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
family	551	542	25	YTV	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Prank Patrol	Mystery Hnt.
	554	544	45	TEL	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
	556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	570	580	29	MM	Instant Star	disBand	Technical Diff.	Instant Star	So You Think You Can Dance Canada (DVS)				The Shift
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner "Rebecca"		The Cleaner
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	48 Ore		Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Where You At	Rags to Riches	News Special	Listed		Don't Forget the Lyrics!		Party of Five
	575	583	38	CMT	Canada Countdown		CMT Star: Pets	CMT Star	Reba	Hope & Faith	Home Improve.	Home Improve.	CMT30
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	The Shield (N)		House
	620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		Buffy St. Marie		Celtic Roots	Side-Dick Dale	Law & Order
	601	562	41	SLC	End of Leash	ET Canada	Nearly Dead	In Laws	Rich Bride, Poor Bride		Plastic-Perfect	Matchmaker	Nearly Dead
	522	506	43	HIS	NCIS		The Worst Jobs in History		Tony's Law		NCIS		Crime Stories
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Jon Dore Show	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes-Homes
	294	529	47	TBS	MLB Baseball Atlanta Braves at Philadelphia Phillies. From Citizens Bank Park in Philadelphia.						Family Guy	Family Guy	Seinfeld
	576	582	49	BET	106 & Park	T.I. Special (N)	*I Tried* (2007, Drama) Layzie Bone, Wish Bone.				Somebodies	Comic View	Judge Karen
	627	528	50	SPC	Lost		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1
	581	566	52	MTV	Busted	After	Canada's Next Top Model		Making the Band 4		From G's to Gents (N)		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	56	FOOD	Grill It-Flay	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef		Top Chef
	261	394	60	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		The Aga Khan		MythQuest
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	eTalk	Paparazzi Paparazzi.		Paris Casting Special		TMZ
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Bucket-Dinos	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	KM/h (SC)	Vidéos	Histoires-filles	Caméra Café	La Promesse (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	RDI en direct	Élections	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	CLT	Judging Amy		Killer Next Door		Missing Link Near-death.		Mysterious Ways "19A"		Judging Amy
	300	601	301	M1	Sharkwater	(7:25) *Sharkwater* (2006, Documentary)			*Notes on a Scandal* ★★★ (2006, Drama)			(10:35) *The Descent*	
	305	612	306	PIX	(7:15) *Dead Silence* ★★ (1997, Suspense)				*A Fish Called Wanda* ★★★ (1988, Comedy), Kevin Kline				*Jacob 2 2*

critics' corner

A Fish Called Wanda

John Cleese is one of the writers and stars of this wacky 1988 comedy, for which co-star Kevin Kline won the best supporting actor Oscar. Jamie Lee Curtis and Cleese's old Monty Python colleague Michael Palin also star in the tale of jewel thieves who end up trying to cheat one another out of the loot when their leader is caught. Cleese plays the leader's uptight lawyer, who is subjected to the seductive charms of Curtis' character. 10:20 AM on PIX

Opportunity Knocks

Just how well do you know your own family members? In the series premiere of Ashton Kutcher's new game show, a team travels the country to test how well family members know each other. That's right, at any moment a truck filled with the set of a game show could set up shop in your front lawn — then ply you with cash and prizes based on your knowledge of sister Sue's favorite color. You might want to mow. 8 PM on ABC

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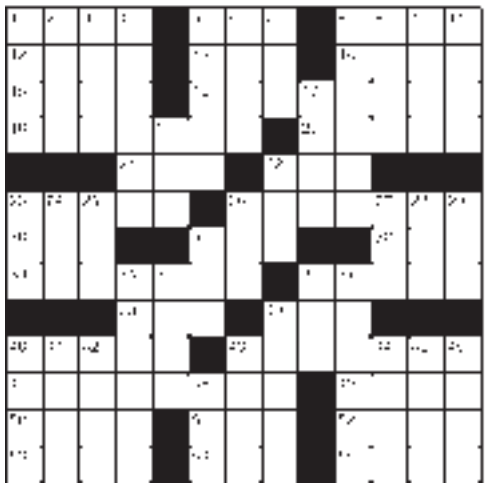
Take Five



Crossword across

1 Ballet leap
5 Suitcase
8 Dad
12 On
13 Before
14 "American —"
15 New Mexican tribe
16 Do figure eights, e.g.
18 Slaloms
20 Analyze grammar
21 Rhyming tribute
22 "A mouse!"
23 Bolivian metropolis
26 "Have a —!"
30 "— Yankee Doodle ..."
31 Enthusiast
32 Eggs
33 Sovereign's representative
36 Slumber
38 Mouth part
39 Coloring
40 Reacted to fireworks
43 Emulator
47 Result of "once bitten"
49 Uninteresting
50 Campsite structure
51 Storm center
52 Cupid's alias
53 Probability
54 Foolish one
55 Anger

Crossword down

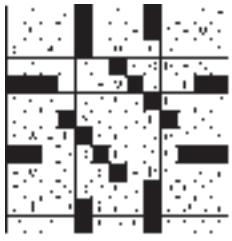
1 Satchmo's specialty
2 Needle case
3 Grip ice from a bucket
4 External parasites
5 Ecru
6 Curved lines
7 "Golly!"
8 Jasmine relative
9 Hebrew month
10 Cookware
11 Sheltered
17 Detail, for short
19 Wood-shaping tool
22 One (Ger.)
23 Actress Ullmann
24 Parisian pal
25 — -10 Conference
26 Aye canceler
27 Female deer
28 "Hail, Caesar!"
29 Shrill bark
31 Dandy
34 Votes into office
35 Carnival attraction
36 Morning star
37 "... nor a — be"
39 19th president
40 Director Preminger
41 Didn't pay yet
42 Rear
43 Wherefores' partners
44 Atmosphere
45 Online journal
46 Otherwise
48 Vast expanse

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2			4		3		9
5				9	6			
			7					5
			6	2	4	1	9	
				7				
	6	7	1	5	3			
1					5			
			4	1				8
4		8		3			7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	8	2	9	5	1	3	4
4	2	5	1	3	6	7	8	9
9	3	1	8	7	4	6	2	5
3	6	7	9	1	2	5	4	8
2	1	4	7	5	8	9	6	3
5	8	9	6	4	3	2	7	1
1	4	3	5	2	7	8	9	6
7	5	6	4	8	9	3	1	2
8	9	2	3	6	1	4	5	7

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

COOK SMART FOR A HEALTHY HEART

Low-fat Barbecued "Ribs"

Meat doesn't get much fattier than pork ribs, but you can get the same flavour by substituting much pork tenderloins and cut the fat by 90 per cent.

INGREDIENTS:
2 pork tenderloins (about 340 grams each), trimmed of fat
1 medium red onion, chopped
1 medium red bell pepper, seeded and chopped
3 cloves garlic, minced
1 cup ketchup
1/2 cup chili sauce
1/4 cup unsulfured molasses
3 tablespoons Worcestershire sauce
2 tablespoons light brown sugar
2 teaspoons chili powder
2 teaspoons mustard powder
Hot red pepper sauce, to taste

METHOD:
1. Soak four 30-cm (12-in.) wooden skewers in water for 30 minutes. Butterfly pork, cut into "ribs" and thread onto skewers. Cover and refrigerate.
2. Place oven rack in the upper third of oven and preheat to 230°C (450°F). Spray a jellyroll pan with cooking spray. Spread vegetables in the pan. Roast, tossing frequently, until brown and tender, about 15 minutes.
3. Transfer to a food processor. Add ketchup, chili sauce, molasses, Worcestershire, sugar, chili powder, and mustard, and red pepper sauce. Puree. Pour into a saucepan. Cover and cook over medium-low heat, stirring occasionally, until bubbling. Remove 1-cup sauce for basting and keep remaining sauce hot.
4. Spray barbecue grill generously with cooking spray and preheat to medium. Baste both sides of pork with sauce. Grill until cooked through, turning and basting every 4 minutes. Serve with the remaining sauce on the side.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Take the time to shoulder the burden of a bad choice. Failure will cause a loss of respect. An elder will have an excruciating episode.

TAURUS ♉
APRIL 21-MAY 21
Reduce unnecessary duties or you'll be wiped out. You'll have an impact on strangers. A difficult person will relax after an explanation is given.

GEMINI ♊
MAY 22-JUNE 21
Don't discuss money with a stubborn person. Normalcy returns after a new romantic attempt. Reveal your feelings to someone who is curious.

CANCER ♋
JUNE 22-JULY 22
Adventure plays a part in the outcome of problems. A fantastic situation will open your eyes. A delayed call back disturbs the night.

LEO ♌
JULY 23-AUG 23
Shaky emotions will force you to speak your mind. A distressed friend is going through a separation. Teach someone the benefits of friendship.

VIRGO ♍
AUG 24-SEPT 22
A loved one wants to argue every point. Remain calm when a disturbing crash is heard. Your passion creates unity at a gathering.

LIBRA ♎
SEPT 23-OCT 23
You'll surprise everyone by taking fearless action. You need hours to just putter around. An endearing buddy doles out kindness and love.

SCORPIO ♏
OCT 24-NOV 22
Verify a story before confronting a bad guy. Sneakiness gives you a reason to wonder. Mistakes are made because of pride.

SAGITTARIUS ♐
NOV 23-DEC 21
Help others to avoid falling for a practical joke. Someone is missing due to illness. You'll be concerned about attention-seeking.

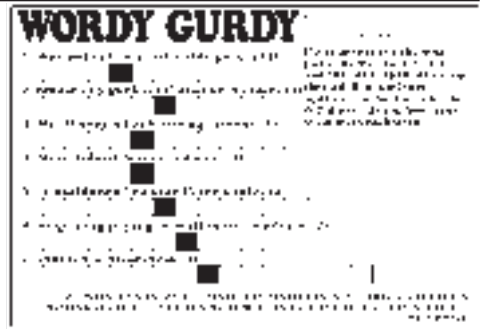
CAPRICORN ♑
DEC 22-JAN 20
Confusion is the basis for a discussion. Don't walk away from a predicament. A phone call can give you comic relief.

AQUARIUS ♒
JAN 21-FEB 18
Pamper yourself as soon as possible. An unwelcome invitation will be refused. You won't get flustered by anything.

PISCES ♓
FEB 19-MARCH 20
Your mood and persona is dynamic. Emotional issues cannot be ignored. Surrendering to selflessness can make you psychic.

This day in history

SEPT. 23, 1845: The Knickerbockers Baseball Club, the first baseball team to play under the modern rules, is founded in New York.
SEPT. 23, 1846: Discovery of Neptune.
SEPT. 23, 1889: Nintendo Koppai (later: Nintendo Company, Limited) founded by Fusajiro Yamauchi to produce and market the playing card game Hanafuda.
SEPT. 23, 1972: Philippine President Ferdinand Marcos announces the implementation of martial law and signs General Order No. 1 which orders the arrest of opposition leaders, media censorship, banning travel to other countries, abolishing the Philippine Congress, establishing dictatorial government, take-over or sequestering of public and private corporations. METRO NEWS SERVICES



Shrek on stage

Shrek: The Musical, based on the hit movie monster, has opened in Seattle and has proved so popular that producers are looking to take it to Broadway in New York. IMDB.COM

Celebrity Buzz

Scarlett: I'm not a statue

PEOPLE Scarlett Johansson wants everyone to know she's not a tourist attraction, PageSix.com reports.

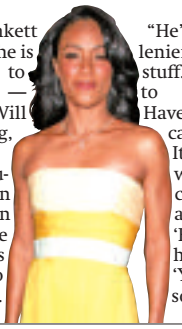
The actress and fiancé Ryan Reynolds hit a New York night spot the other night "wearing matching bowler hats," a source said.

Even though Johansson was "dressed down in a black blazer and jeans," the doorman recognized her.

The source said that "the doorman asked to take a photo with Scarlett" but that she snapped, "I'm not the Statue of Liberty," before heading inside.

METRO NEWS SERVICE

Jada's in charge when it comes to discipline



PARENTING Jada Pinkett Smith has revealed she is the disciplinarian to her three children — because husband Will Smith is so easy-going, imdb.com reports.

The Hollywood couple has three children together, Trey, Jaden and Willow, and the actress admits she is the one who has to get tough with them.

"He's (Smith) so lenient on that stuff. Daddy tends to (say), 'Yeah! Have chocolate cake for dinner! It's all right with me.' I'll come home and it's just, 'Has anyone had lunch?' 'Yeah, I had some Frosted Flakes!'" she tells People.com.

But the star admits it's not a tough regime in the Smith household.

"We're not strict but we definitely believe it's a very important component for rearing children," Pinkett Smith adds. "It creates safety for them. They understand that they need guidance."

METRO NEWS SERVICE

Did Moss's partying ways cost her a boyfriend?

GETTY IMAGES PHOTOS

PEOPLE Model Kate Moss is "gutted" after reportedly splitting with rocker boyfriend Jamie Hince, imdb.com reports.

The 34-year-old has endured a rocky relationship with the Kills frontman, and the model's reported party-loving lifestyle is apparently to blame for the split.

"Kate is gutted because she really loves Jamie. They had even talked about marriage and kids," a source tells Britain's Daily Star newspaper. "But she is not ready to change her lifestyle and probably never will. I doubt any man could tame her because that's who she is. Jamie told her he was fed up with her reluctance to stop partying and she just flipped. They just can't agree on it and it had become too much."

METRO NEWS SERVICE

celebrity briefs

Beckham not such a Posh shopper

PEOPLE Victoria Beckham buys her clothes from flea markets, femalefirst.co.uk reports. The former Spice Girl can't resist buying second hand clothes, and admits her own designs are often inspired by her finds.

"I don't really go shopping any more, apart from the flea market I go to every Sunday. You can get some amazing vintage stuff there," said Beckham. "That's often where I get inspiration for my designs."

The 34-year-old, who has often been criticized for her slim physique, has also revealed she is eating and exercising more.

Beckham added she has learned to deal with negative comments and is "proud" of what she has achieved in her life.

"I don't really give a s–t what people think of me. I'm more grown up now and I've learned not to care so much what people say."

METRO NEWS SERVICE

Catherine keeps herself out of the kitchen

PEOPLE Actress Catherine Zeta-Jones has a simmering secret — she is useless in the kitchen, imdb.com reports.

Zeta-Jones, married to actor Michael Douglas, confesses she can't cook even a simple meal without the aid of a microwave.

She says she is so bad at baking that she once nearly set her kitchen on fire.

"I'm a terrible cook," the actress tells Sky Movies magazine.

"I can microwave chicken nuggets well … I actually burnt a pan once. There wasn't a fire but it was smoking and I got a little scared. So that was the first and last time I tried to cook."

METRO NEWS SERVICE

celebrity brief

Delany avoids weight-loss 'disease'

PEOPLE Desperate Housewives actress Dana Delany does not worry about staying thin, because she has seen her skinny co-stars reportedly become hung up on losing weight, imdb.com reports. The actress appeared in the fourth season of the ABC show last summer and has now become a regular character in Season 5.

Delany admits that when she first joined the cast, she was taken aside by one of the wardrobe designers and warned not to fall prey to the pressure of staying slim.

"When the costume designer said to me, 'Don't get the Desperate Housewives disease' I didn't know what it was," she says. "But she said everyone loses so much weight when they come on the show. There is an unspoken competitive weight-loss thing. Even the actress who plays my daughter lost 10 pounds."

But Delany insists that she didn't fall prey to the "disease" and actually gained weight during her stint on set.

METRO NEWS SERVICE

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ALLIANCE

Defending Madge
Actress Thandie Newton, right, has defended Madonna's ill-received movie career, insisting the pop superstar is a talented actress. "For me, she is truly gifted," Newton says. IMDB.COM

Celebrity Buzz

La Dolce vida for Campbell?

GETTY IMAGES PHOTOS

FASHION Supermodel Naomi Campbell is set to be the new face of fashion house Dolce and Gabbana, according to U.K. reports.

Campbell is lined up to strike a deal that is reportedly worth $1.85 million, imdb.com reports.

"They (Campbell and the designers) have had a relationship that spans decades and now the plan is for Naomi to be their official muse and ambassador," a source tells Britain's the Daily Star. "She'll be at the shows and will star in their worldwide advertising campaigns. An absolutely huge deal is on the table."

The design duo made a collection of dresses for Campbell's charity show at London Fashion Week.

METRO NEWS SERVICE

Healthy cooking keeps Paltrow busy

PEOPLE Turns out actress Gwyneth Paltrow is most at home in the kitchen — not on the red carpet, People.com reports.

In fact, the self-proclaimed foodie — and mother-of-two with husband Chris Martin — says she doesn't have a personal chef.

"I cook all the meals for my house," Paltrow said. "I really love to cook."

So what's on the menu for Paltrow and her two children, Apple, 4, and Moses, 2?

"Breads and pizzas is what I'm cooking and we all love it," she said. "We have a wood-burning pizza oven in our garden. Right now the weather is nice in London, so I'm using that oven a lot. You can cook anything in there. It's amazing."

And the Oscar winner, who says she inherited her love of food from her late father, Bruce Paltrow, is now working on perfecting one of her dad's trademark recipes.

"My dad was a famous pancake maker and I'm working on (adapting his) recipe right now," she said. "I'm making mine slightly healthier."

METRO NEWS SERVICE

Third for Chef Jamie

BABIES Celebrity chef Jamie Oliver is to become a dad for the third time, imdb.com reports media as saying.

The kitchen guru and wife Jools already have two daughters and are expecting again, according to U.K. tabloid reports.

"They realized something was up when they were on holiday recently," a source tells Britain's Daily Mirror. "They don't know if it is a boy or a girl yet. Jamie would love a boy as it's only girls in the house now. The girls are so excited, already thinking about being big sisters."

The news comes just days after Oliver said he would consider adopting a baby boy if he could not conceive one naturally.

METRO NEWS SERVICE

Osbourne to write book

PEOPLE Kelly Osbourne has signed a lucrative deal with publishers to write her autobiography, imdb.com reports.

The daughter of rocker Ozzy Osbourne is set to follow in the footsteps of her TV star mom Sharon Osbourne and pen her memoirs.

Osbourne signed a deal with Virgin books to release the tome in the U.K. later this year, according to Britain's The Sun newspaper.

The 23-year-old will reportedly reveal the secrets of her life, including her two trips to rehab for addiction to painkillers and her feud with singer Christina Aguilera.

METRO NEWS SERVICE

Bunton wants to add spice to new restaurant

RUMOURS Emma Bunton has scrapped plans to move to Los Angeles, and now wants to open a restaurant in London with her partner Jade Jones, a trainee chef, the Daily Mail reports.

The former Baby Spice says she has given up her plans to try to forge a TV career in the States and would be happy to help run a small family business.

"Yes, I want to open a restaurant with Emma. We're not sure when or where yet, but it's something we're seriously looking into," Jones said.

The couple, who have been together for 10 years, have a son together, Beau, 12 months.

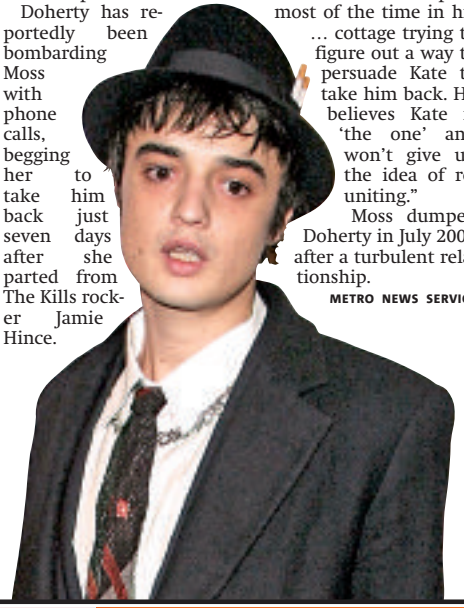
METRO NEWS SERVICE

celebrity brief

Doherty holed up in cottage, pining for Moss

PEOPLE Babyshambles singer Pete Doherty wants his ex-girlfriend, model Kate Moss, back, the Daily Mirror reports.

Doherty has reportedly been bombarding Moss with phone calls, begging her to take him back just seven days after she parted from The Kills rocker Jamie Hince.



"Pete is pretty single-minded about it," a friend of Doherty said. "He is desperate for her to give him another chance. He's spent most of the time in his ... cottage trying to figure out a way to persuade Kate to take him back. He believes Kate is 'the one' and won't give up the idea of reuniting."

Moss dumped Doherty in July 2007 after a turbulent relationship.

METRO NEWS SERVICE

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"From the first course, I was completely addicted. It made me realize that I could do it as a profession – and it made me want it even more. I am a more competent and confident makeup artist. That confidence came from my time at the Yorkville School."

Skills that provide the right foundation

A Continuing Education Success Story – Christine Cho was already working as the manager of a makeup studio and spa when she decided to take courses at George Brown's Yorkville School of Makeup and Esthetics. She chose the school because of its location, facilities, flexible schedules and instructors (who remain active industry professionals). Christine is now a freelance makeup artist.

George Brown's Yorkville School – located on Toronto's Yorkville Avenue at the centre of the beauty district – takes an exciting approach to esthetics, nails and makeup education. We offer the following certificates and morning, afternoon, evening and/or weekend courses:

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